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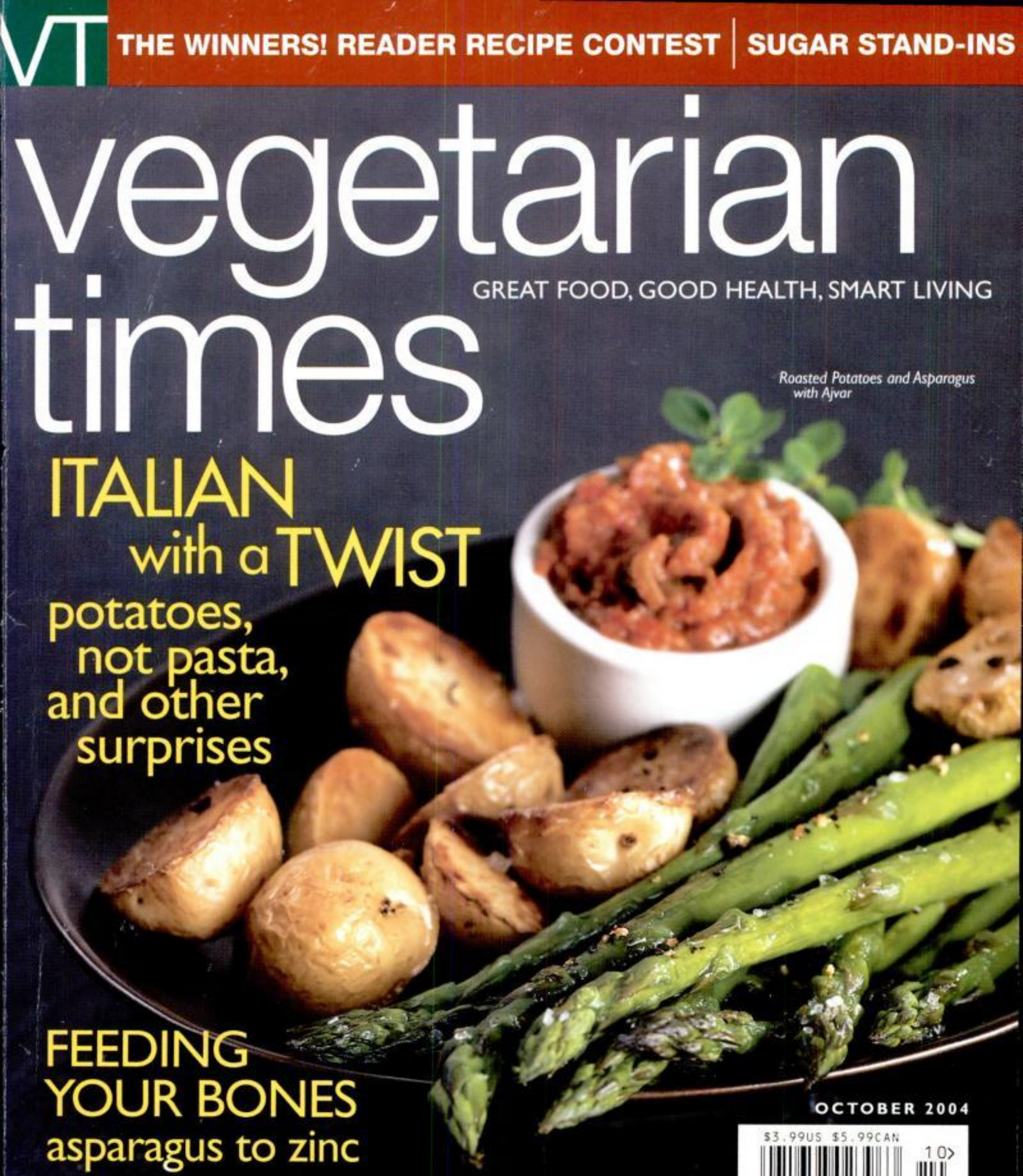

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OCTOBER 2004

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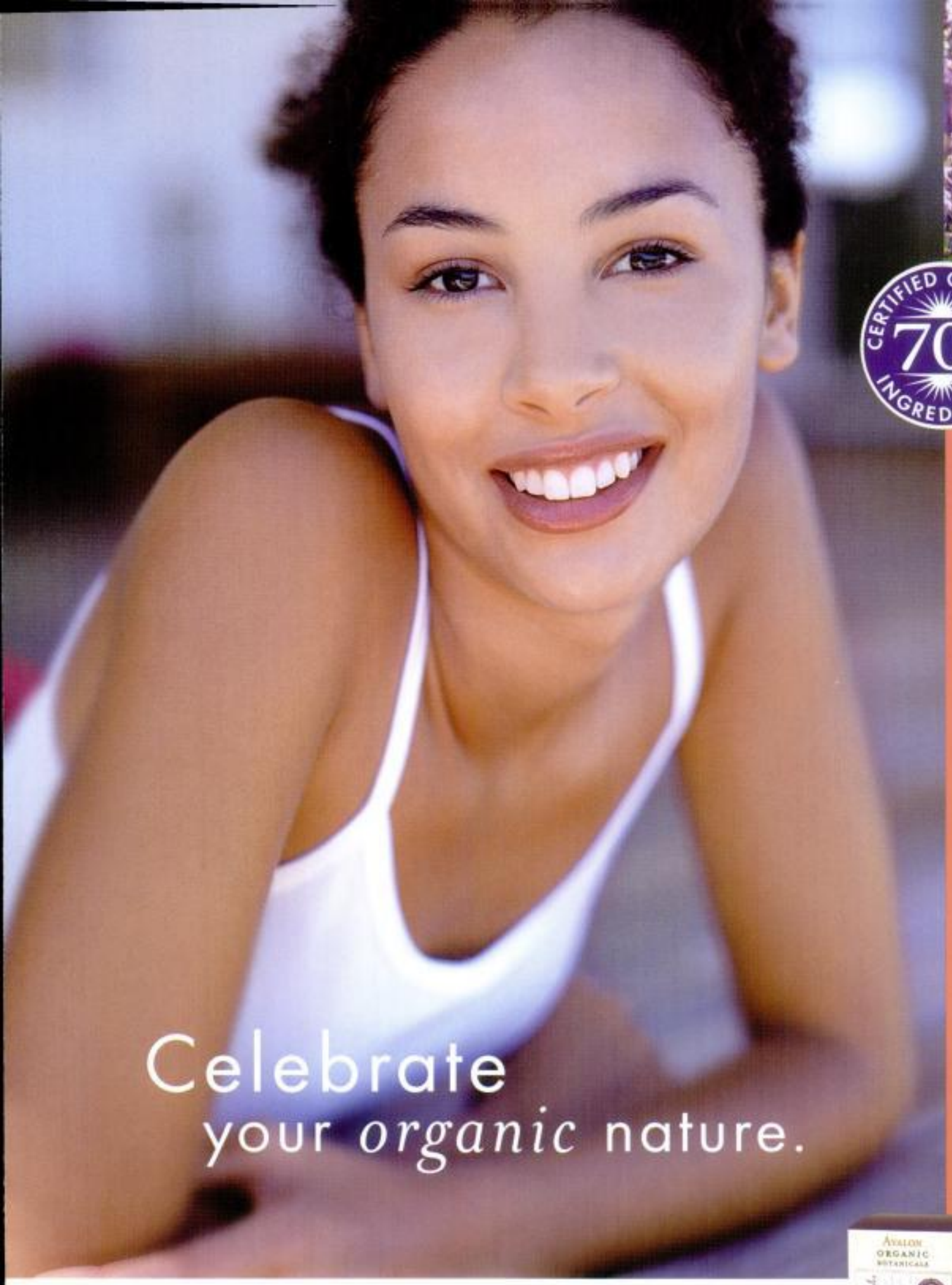

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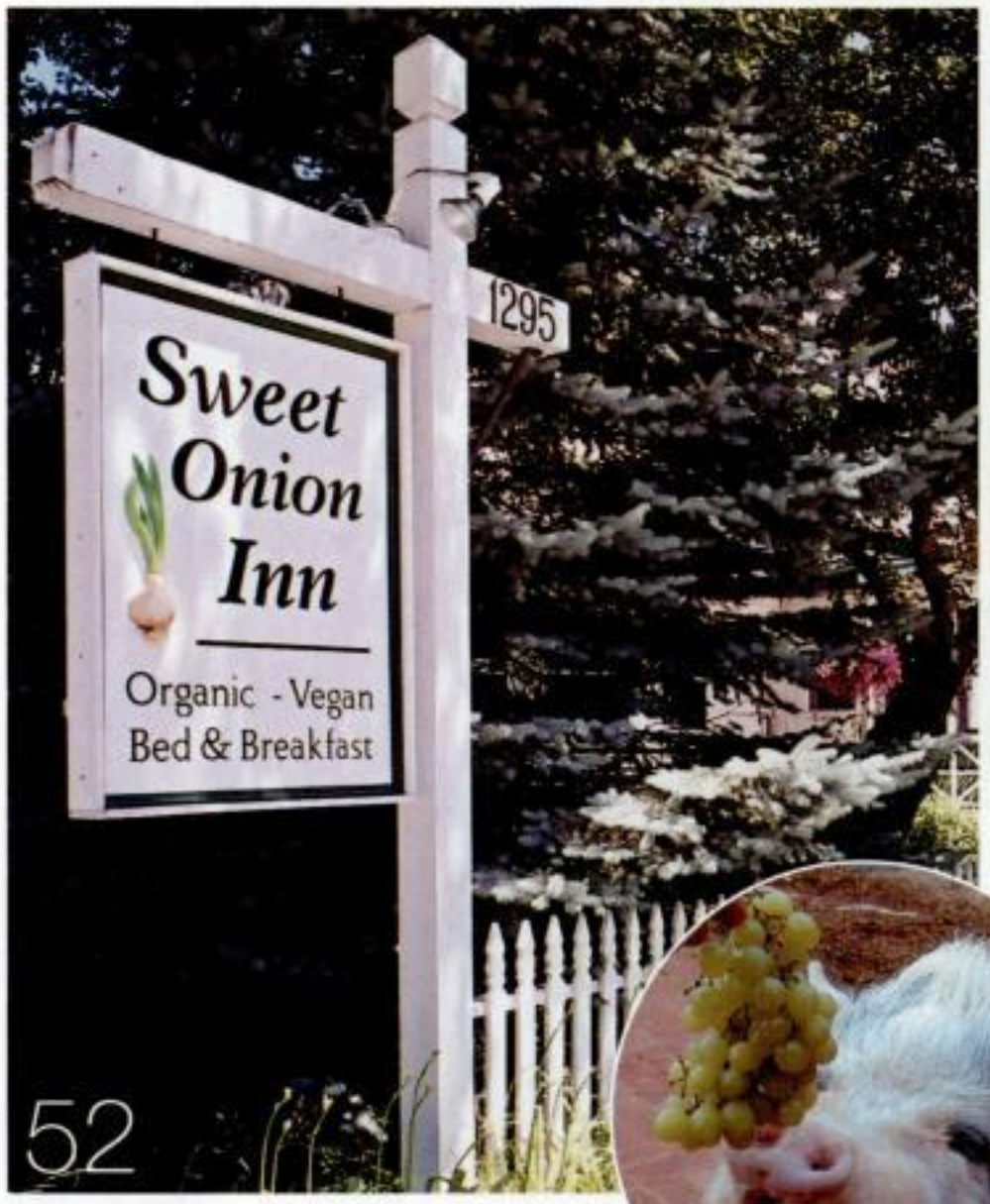

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COVER: Photography by Renée Comet
Food styling by Lisa Cherkasky
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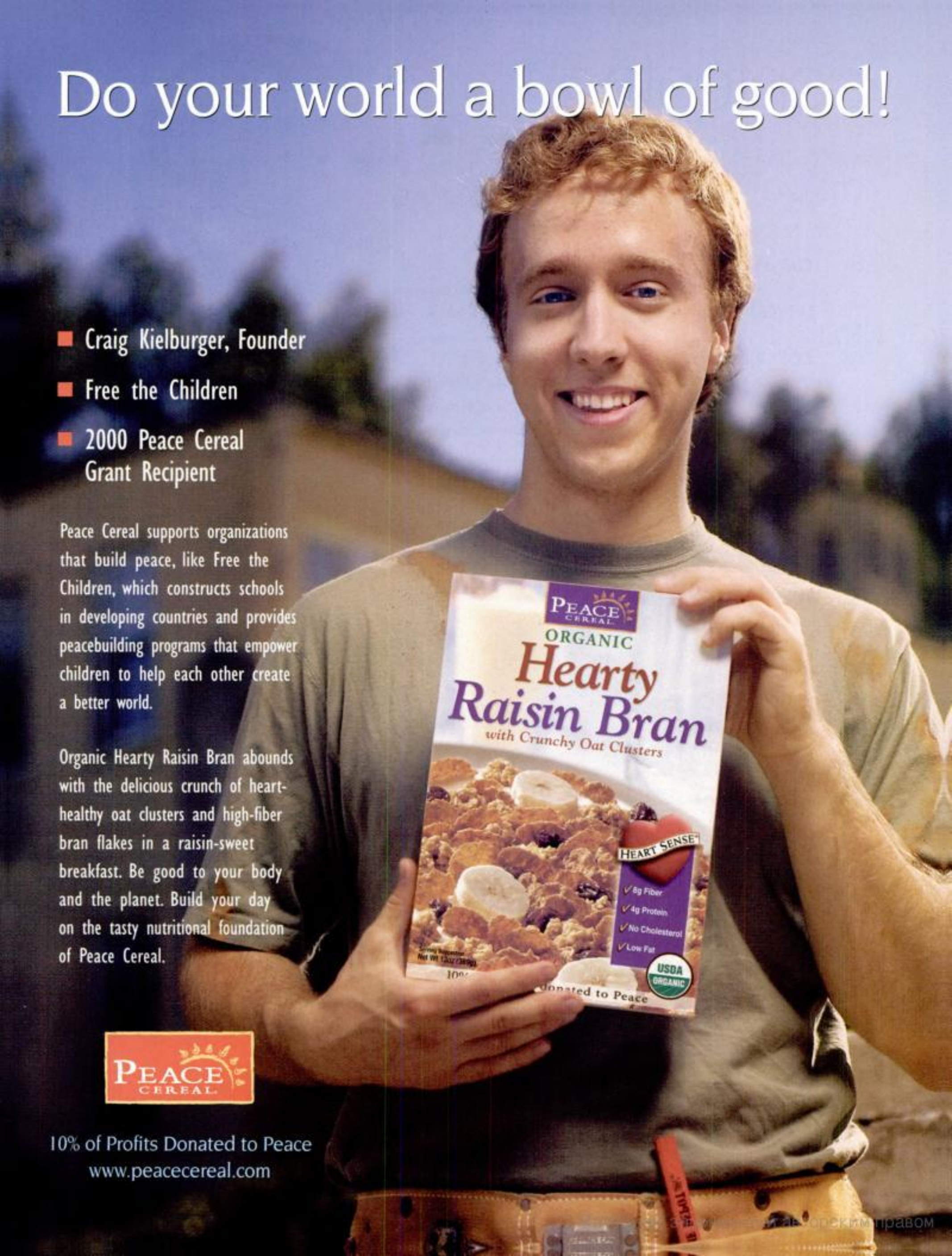

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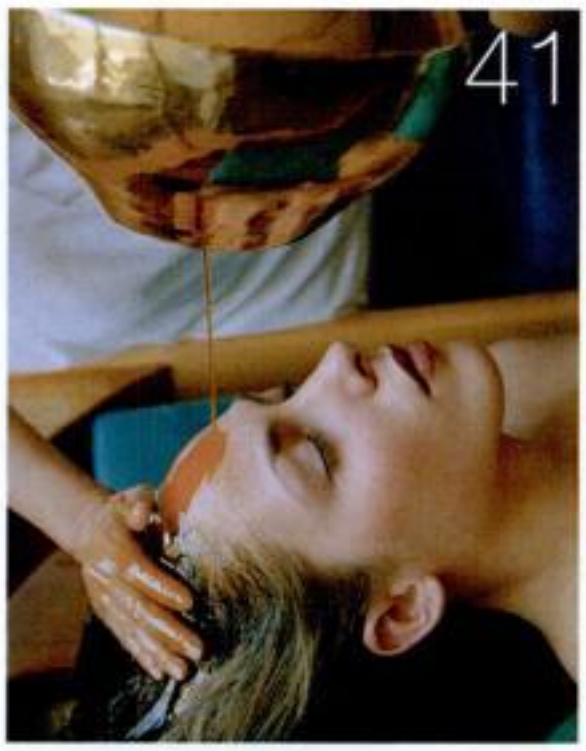

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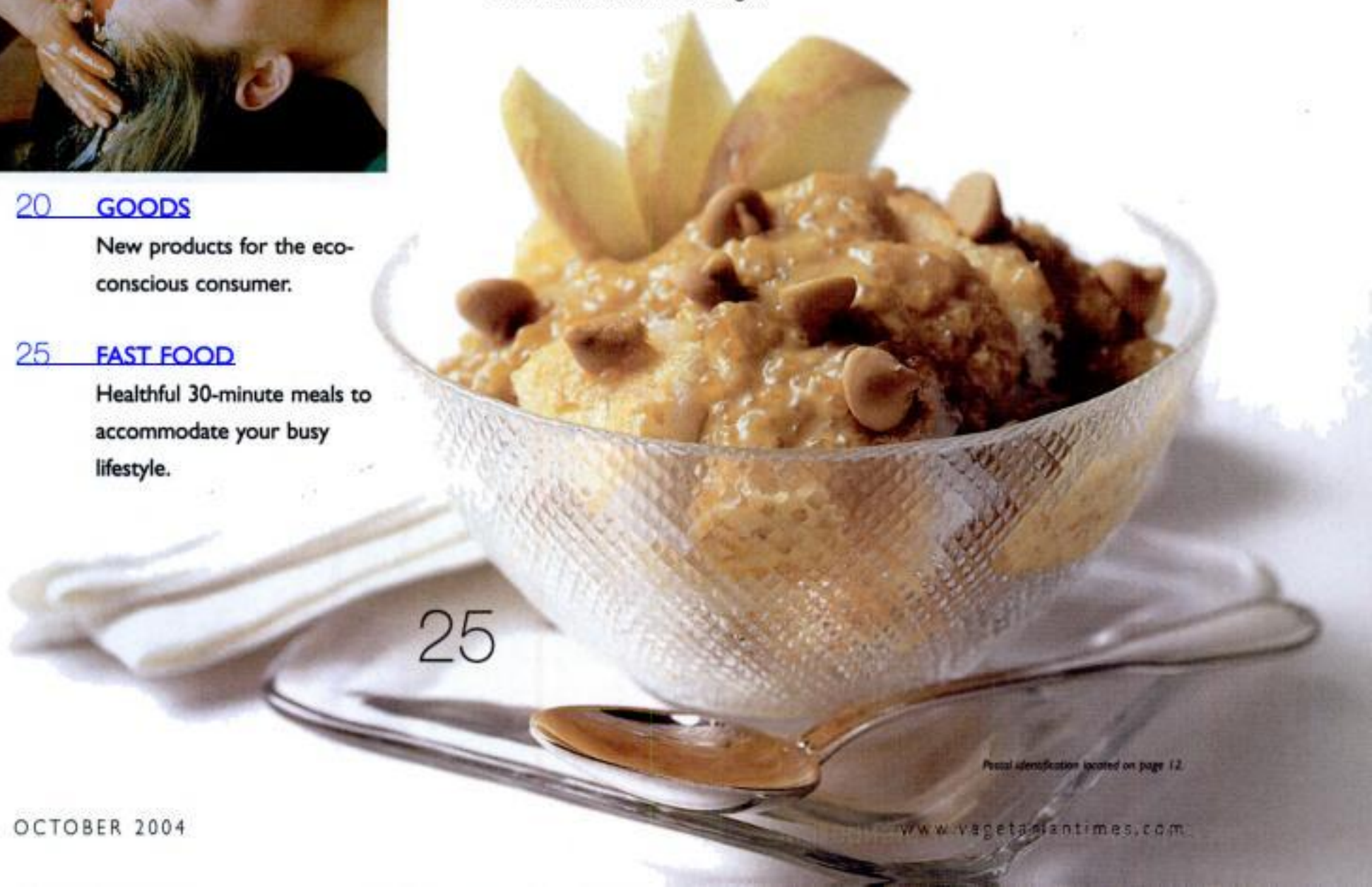

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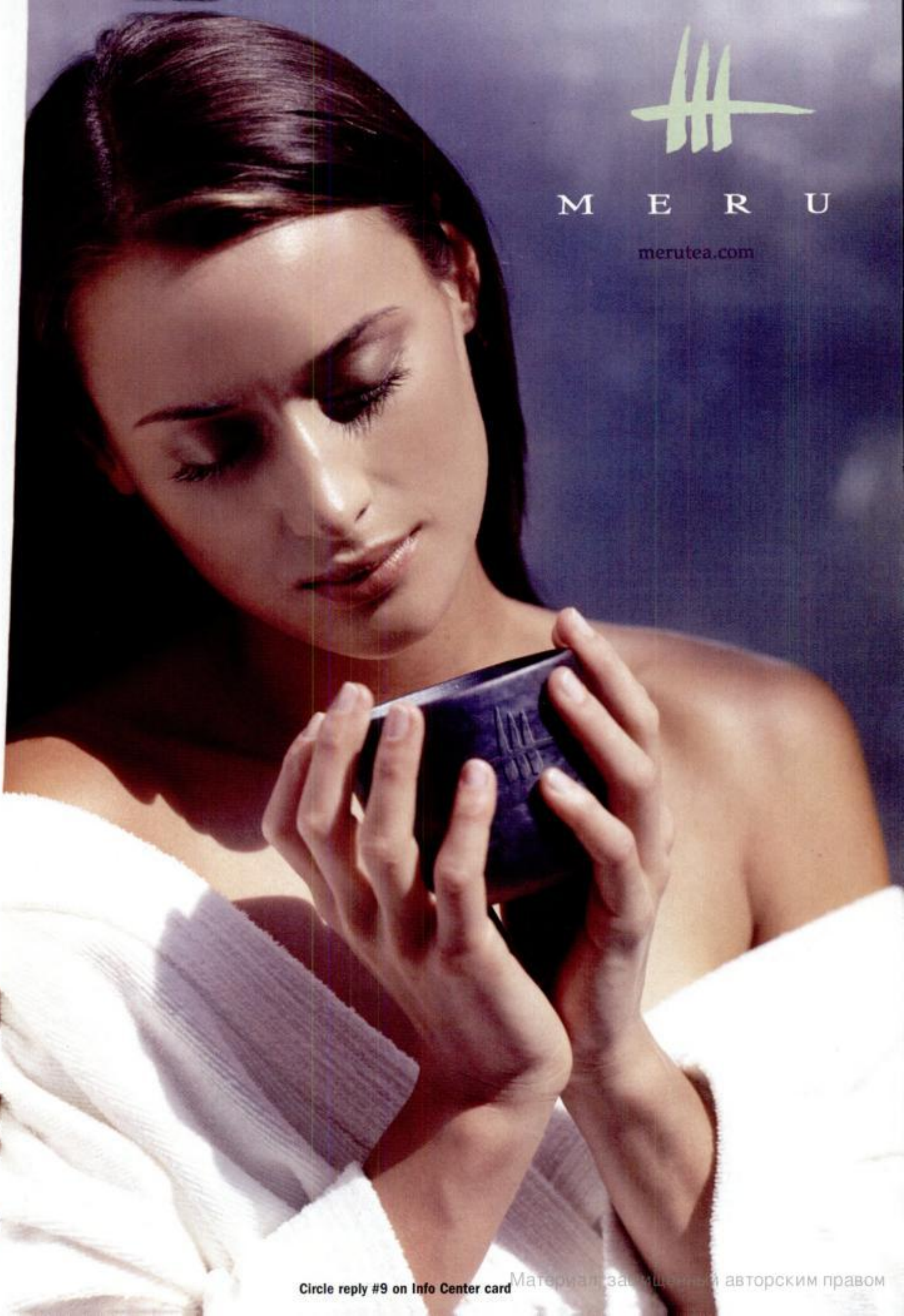

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editor'snote

In the Winners' Circle

One of our best-loved annual events is *VT*'s reader recipe contest. This year, we couldn't wait to see what delicious and inspired recipes you submitted using the versatile and irresistible mushroom. You didn't disappoint! More than

150 creative cooks faxed, emailed and snail-mailed their favorite recipes to us. Testing the recipes gave us all a good fork-to-mouth workout, and in the end, it was David Guimond's deceptively simple Wild Mushroom Risotto that left the *VT* staff speechless, then raving. We weren't surprised to learn that Guimond is an amateur mycologist—this man really loves mushrooms, and it shows. Try his risotto recipe on p. 49; we think you'll agree that it's blue-ribbon quality.

Congratulations, too, to our contest's honorable mentions: Julie DeMatteo's Smoky Mushroom Chowder; Mrs. L. Parthasarathy's Mushroom Fritters, Amy Funderburk's Champion Mushroom Marinade, and Lesa Reitz's Mushroom, Squash and Black Bean Pie. To get a copy of any or all of these four recipes, send a self-addressed stamped envelope to *VT* Mushroom Recipes, 301 Concourse Blvd., Suite 350, Glen Allen, VA 23059.

If you want to brush up on your mushroom know-how, we suggest an outing with "Wildman" Steve Brill (see "Trends," p. 35). A respected naturalist and forager, the gregarious Brill encourages everyone to get down and dirty with nature. "It's a lot more fun looking for things in the fields and the woods than standing in line at the checkout counter," Brill says. "The foods are more nutritious and concentrated, they are a lot healthier and they are much better for you and the environment." Sounds good to us.

In honor of Earth's rich bounty, I hope you'll join *VT* in celebrating World Vegetarian Day, officially observed on October 1. If you're not a member of your local vegetarian association, now would be a great time to find out what events are in the works. If you're in Virginia during the last week of September, please stop by the 9th Annual Charlottesville Vegetarian Festival on September 25 and meet *VT*'s editors. On the West Coast, San Francisco's Golden Gate Park is the place to be on September 26 for the 5th Annual World Vegetarian Day Celebration. Both events will feature speakers, music, and, of course, delicious vegetarian food.

Maybe a quiet celebration at home is more your style. Here's an idea: Invite some non-vegetarian friends over for a meal of your favorite *Vegetarian Times* recipes. Want inspiration? Visit www.vegetariantimes.com to search our recipe archives from the last decade. Need menu suggestions? Look no further than the *Vegetarian Times Complete Cookbook*, available through our Web site or at your local bookseller. It has more than 600—count 'em—600 tasty and healthful recipes to help you feel great about being a vegetarian.

Feeling great—now that's something you can celebrate every day.

Carla Davis
Managing Editor

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Reader Recipe

Chunky Vegetable Stew

SERVES 4

A resident of Sedona, Arizona, and a longtime vegetarian, Lois Passov provides personal chef services and holds cooking classes, all with the intention of finding new ways to present and enjoy vegetables. Her motto? "Play with your food." This stew is one of her favorite dishes, and it may be served on basmati rice or scooped into hollowed-out sourdough bread or a cooked pumpkin.

2 Tbs. olive oil
1 onion, cut into thick slices
3 cloves garlic, minced
1 14 ½-oz. can stewed tomatoes, undrained
About 2 cups cooked garbanzo beans
2 sweet potatoes or yams, peeled and cut into 2-inch chunks
¼ tsp. crushed rosemary
1 large zucchini, cut into ¼-inch-thick slices
Salt and freshly ground black pepper to taste
¼ cup soy Parmesan cheese, optional

1. Heat the oil in a large saucepan over medium heat. Add the onion, separating the slices into rings, and cook for about 5 minutes, or until soft. Add the garlic, and cook for 1 minute. Add the tomatoes and juices, garbanzo beans, sweet potatoes and rosemary. Bring to a boil, and reduce the heat to low.

2. Add the zucchini, stir, cover and cook for 15 to 20 minutes, or until the potatoes are tender. Stir in the salt and pepper, garnish with the cheese, if using, and serve.

PER SERVING: 290 CAL; 10G PROT; 9G TOTAL FAT (1G SAT. FAT); 46G CARB; 0MG CHOL; 430MG SOD; 10G FIBER; 16G SUGARS

contributor

No sooner had Kimberly Lord Stewart begun reporting her story on osteoporosis ("Broken Bones, Broken Hopes," p. 91) than the Longmont, Colorado, freelancer changed her own health routine. "Just because I come from a very athletic family with no history of osteoporosis doesn't mean I don't need to take precautions," she says. "At 45, I'm premenopausal, and that's a very important time to do what you can to strengthen your bones." Although she swims half a mile a day, Stewart added serious weight training to her workouts "because swimming isn't jarring enough to the bones to build them up." She now eats more dark green vegetables, plans to get a bone-density scan within the next 5 years and takes calcium supplements three times a day instead of just once "because the body can only absorb so much calcium at a time." And, of course, she keeps very busy. A self-described Air Force brat who married a Navy pilot, the well-traveled former caterer is a member of the Denver chapter of Les Dames d'Escoffier, and she writes about food, nutrition and health for a range of national newspapers and magazines. Thanks to the exercise and dietary changes she has made since investigating osteoporosis for *VT*, Stewart should be staying busy for many years to come.

vegetarian times

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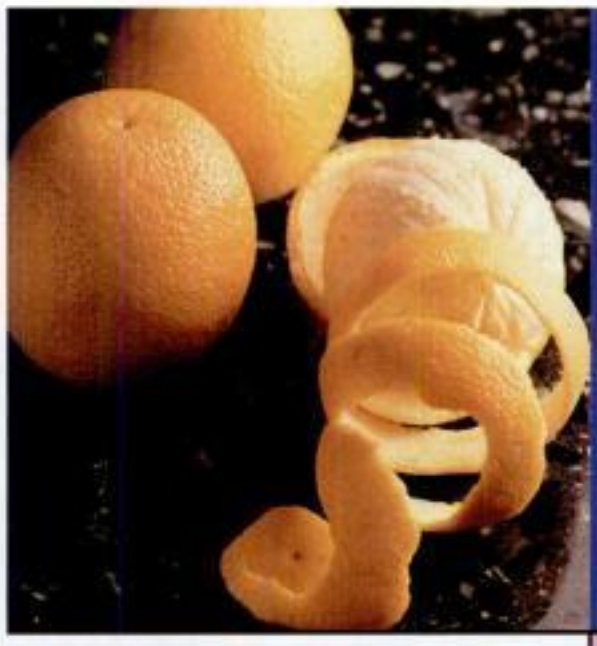

zest for life

Want to lower your cholesterol without relying on prescription drugs—and without suffering from their side effects? A joint study by the US Department of Agriculture (USDA) and Canadian nutraceutical producer KGK Synergize suggests that the compounds in orange and tangerine peels may offer a natural alternative for lowering LDL, the "bad" cholesterol. The study, published in the May 12, 2004 issue of the *Journal of Agricultural and Food Chemistry*, is the first to find that the compounds—plant pigments called polymethoxylated flavones (PMFs), which have been linked to a variety of health benefits—can lower LDL without having any effect on HDL, the "good" cholesterol.

few too

Nutritionists used to say you needed only half a cup of carrots per day to enjoy their health benefits. The Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University in Boston has found that even those who eat that much may not get enough beta-carotene, which is necessary for the production of vitamin A. Presented to the Experimental Biology 2004 conference in Washington, DC, the research suggests that people will need to take beta-carotene supplements to make sure they get the vitamin A they need.

BIG GAIN

Obese teens who exercise regularly will benefit, even if they don't lose weight as a result. That's the conclusion of a study by the University of Western Australia in Crawley, Australia, published in the May 19, 2004 issue of the *Journal of the American College of Cardiology*. As part of the study, 39 teenagers exercised for 1 hour three times a week to determine the effect on the health of their arteries. After 8 weeks, during which the participants' diets remained unchanged, the 19 teenagers in the group who are obese were shown to have arteries that were just as healthy as those of the 20 participants who are lean. Although the obese youngsters did not lose weight, researchers "found a decrease in the percentage of body fat, particularly from the worst place to have fat, which is the viscera, around the internal organs," said lead researcher Daniel J. Green, PhD. "We found a decrease in abdominal obesity in this group. And the reason that they did lose body fat is that their lean muscle mass went up. So we were really seeing a very beneficial change in the composition of the body, without changes in gross measures like body weight."

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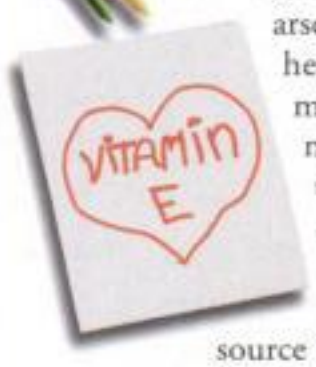

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Nearly 90 percent of ingredients in popular personal care products have never been evaluated to determine whether they are safe—not by the US Food and Drug Administration (FDA) or even by the Cosmetic Ingredient Review (CIR), a board established by the cosmetics industry to provide voluntary safety testing. A 6-month study of health and safety assessments of more than 10,000 personal care product ingredients conducted by the Environmental Working Group (EWG) and released on July 1, 2004, also found:

- One in every 120 products on the market contains ingredients certified by the federal government as known or probable human carcinogens. These products include shampoos, lotions, makeup foundations and lip balms.
- Seventy-one hair dye products include ingredients derived from coal tar, a carcinogen.
- Fifty-five percent of all products contained "penetration enhancers" to increase absorption into the skin and bloodstream. Fifty products contained these penetration enhancers in combination with known or probable carcinogens. For information about 25 specific products, EWG has posted a chart on its Web site, www.ewg.org.

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HEALTHY CITIES?

If you see your city on a list of the nation's "healthiest," curb your enthusiasm. Such rankings, which appear in newspapers and magazines, are not as reliable as they might seem, say researchers from the Centers for Disease Control and Prevention (CDC). Most, the CDC study says, suffer from "a lack of scientific support." The report, in the April 1, 2004 issue of *The American Journal of Public Health*, notes that such lists are often cobbled together in such a haphazard fashion as to grossly distort outcomes. Sometimes data is gathered from different time periods, which can also result in misleading findings. Data on obesity collected in the early 1990s, for example, before obesity rates increased, cannot be compared with more recent data. "Finally," the Health Behavior News Service reports, "while it's easy to group the best or worst two or three cities using these indicators," the scores from communities that fall somewhere between extremes "are often statistically indistinguishable from each other, leaving most towns in a meaningless limbo."

Ripe Attitudes

American attitudes about food are changing—one might say ripening. Food and Farming 2004, a study conducted by Roper Public Affairs for the Organic Valley Family of Farms found that:

- 70 percent of Americans are concerned about the health risks of pesticides, hormones, antibiotics and other chemicals used in food production;
- 71 percent believe small-scale family farms are more likely to care about the safety of the foods they produce than large-scale factory farms;
- 85 percent trust small family farms to produce safe, nutritious foods;
- 73 percent would be influenced in their shopping if labels specified whether a product is produced with pesticides, hormones, antibiotics and other chemicals.

"REDEFINING SWEET"

Orange Cranberry Bread

INGREDIENTS
2 cups flour
1 cup **Florida Crystals Organic Cane Sugar**
1 1/2 tsp baking powder
1/2 tsp baking soda
1 tsp salt
Juice and grated rind of 1 orange
2 tbsp butter
Warm water (enough to make 3/4 cup; see below)
1 egg, well beaten
1 cup nuts, chopped almonds or pecans
1 cup dried or raw cranberries (if raw cranberries are used, use a grinder to cut up berries)

PREPERATION
Sift together first five ingredients. Combine juice, rind, shortening and boiling water in a liquid measuring cup to equal 3/4 cup. Add egg. Blend liquid into dry ingredients and stir until moist. Add nuts and cranberries. Pour into greased 8 1/2" x 4 1/2" X 3" pan. Bake at 350° for 60 to 70 minutes. Cool, then serve.

SERVINGS: 1 large loaf or 2 small loaves.

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6.25 grams Soy Protein per serving

One 8-ounce serving of Vanilla Silk provides 6.25 grams of soy protein.

NUTRITIONAL CHART
(based on one 8-ounce serving)

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Calories	100	120
Fat	3.5g	5g
Saturated Fat	0.5g	3g
Cholesterol	0	20mg
Sugar	7g	12g
Sodium	95mg	100mg
Carbohydrates	10g	11g
Vitamin A	10%	10%
Vitamin D	30%	25%
Calcium	30%	30%
Iron	6%	0%
Folate	6%	3%

scoop

CARROT & STICK

a CARROT to:

- ***VT* reader Bethany Schaffner** of Portland, Oregon, for helping to persuade Ballpark Franks to withdraw its advertisements equating vegetarianism with being "weird and un-American." Schaffner complained, and Ballpark Franks apologized, acknowledging that the ads were "inappropriate and more offensive than funny." Good work, Bethany!

- **Too Tarts,** a candy line that makes Sour Blast and Xtra Sour Goo, for deciding to eliminate refined sugar from its candy, replacing it with 100 percent fruit juice concentrate. The change will lower calorie content by up to 60 percent. The sugar in a container of Apple Sour Suck Ups will drop from 10 grams to 2.8, and carbs will be reduced from 10 grams to 3.8.

- **The Rainforest Alliance** for establishing the Certified Sustainable Products Alliance. This 3-year, $8.6 million program funded by the US Agency for International Development will promote the sale of timber, bananas and coffee grown with sustainable agriculture methods in Central America and Mexico.

a STICK to:

- **KFC** for its new and misleading television ads. For years, the company called itself Kentucky *Fried* Chicken. In 1991, as consumers became skeptical of fried foods, the initials KFC were adopted, but the most recent TV commercials attempt to substitute the phrase "kitchen fresh chicken." What's "kitchen fresh chicken" mean, anyway?

- **High-end eateries** in New York City for the latest food fad. In these restaurants, as the online magazine *Slate* puts it, "offal, the organs and extremities (nose, cheeks, tail, feet) of butchered animals, has become chic."

- **DuPont Co.** for failing for more than 20 years to report the potential health risks of perfluorooctanoic acid, an ingredient in the production of Teflon. According to the Environmental Protection Agency, DuPont violated federal law from 1981–2001 by not reporting the dangers of the ingredient, high levels of which may cause liver damage and reproductive problems in rats.

- **The supposedly objective and unbiased Center for Consumer Freedom (CFC),** which never misses an opportunity to ridicule vegetarians, for claiming on its Web site to be a fearless advocate of the consumer—while refusing to disclose its funding sources. "What makes us different from other organizations," the CFC claims, "is that we aren't afraid" to attack groups "that have built 'good' images through slick public relations and media campaigns." Four paragraphs after this bold bit of braggadocio, the center declines to disclose the names of the organizations that fund it because many "of the companies and individuals who support the center financially have indicated that they want anonymity as contributors." They also want to remain anonymous because they consist of food companies eager to oppose any and all efforts to discourage their sale of unhealthful products.

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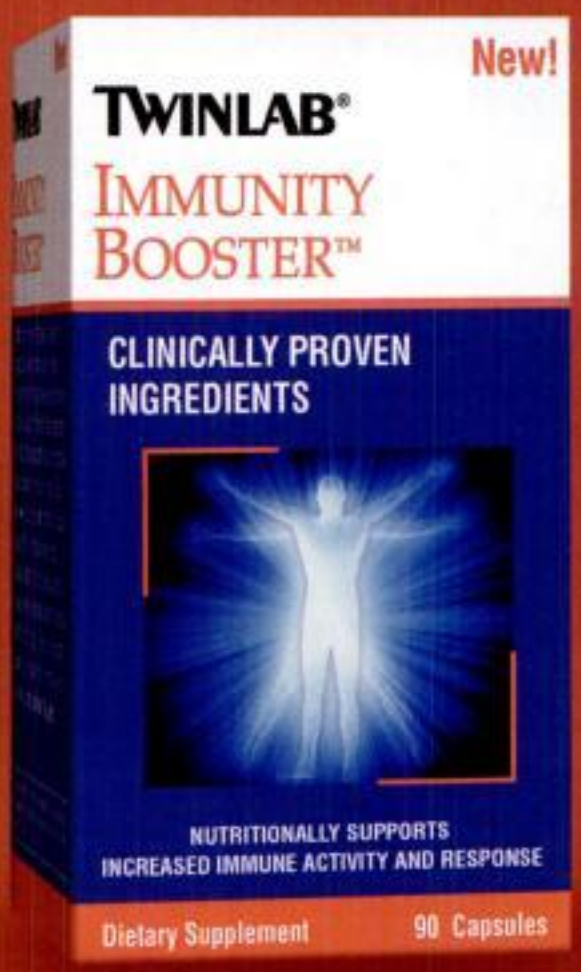

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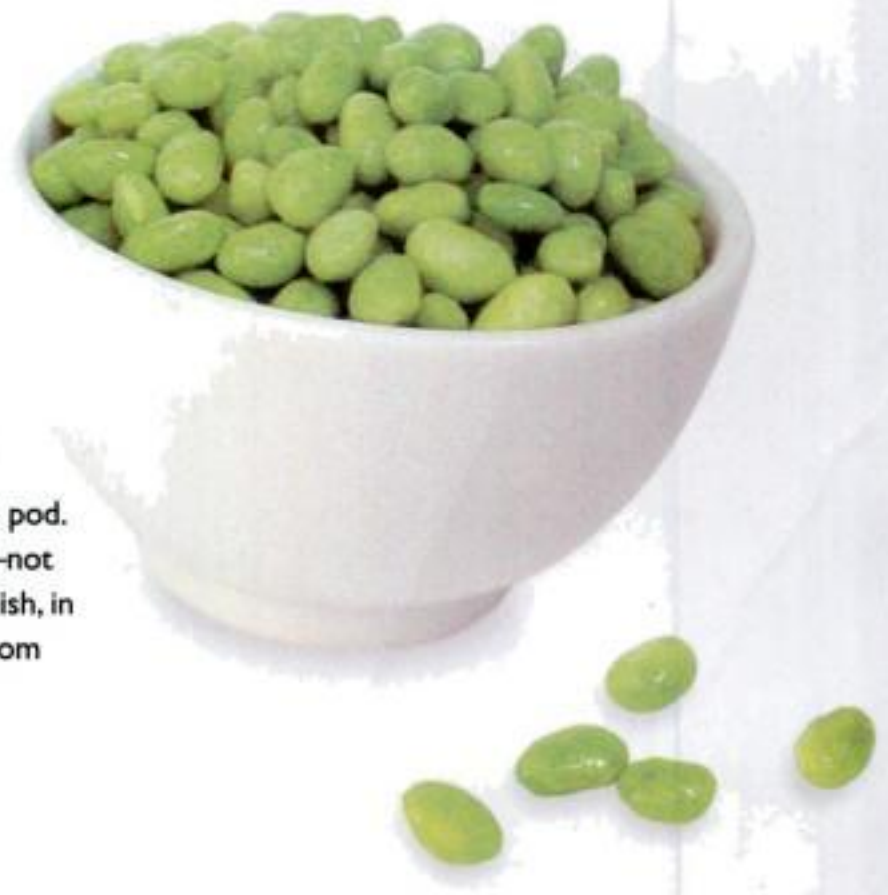
Take an herbal approach to your health with Herb Pharm's Super Echinacea, available in liquid ($6/1 oz.; $22.80/4 oz.) or tablets ($7/60 tablets). Made from the fresh roots, leaves and flowers of echinacea plants, this herbal extract helps support your immune system. 800.348.4372; www.herb-pharm.com



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Sunrich Naturals brings you frozen edamame, available shelled or in the pod. These organically grown sweet soybeans are produced conventionally—not modified genetically. Serve the edamame ($1.99/12 oz.) as a tasty side dish, in soups, on salads or in a rice or pasta dish. 507.451.6030; www.sunrich.com

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Wakunaga's Kyolic Aged Garlic Extract now offers a 100 percent vegetarian enzyme formula to help you maintain a healthy digestive system. This odorless organic garlic supplement is free of sodium, dairy, gluten, sugar and preservatives ($13.25/100 capsules; $23.45/200 capsules). 800.421.2998; www.kyolic.com

◂ Zesty Chips

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30-minute recipes

Potato-Pepper-Spinach Frittata | Angel Apple-Tapioca Pudding Cake | "Chicken" Lo Mein
Pumpkin Pancakes | Gorgonzola, Wild Rice and Greens | Tofu Tostadas

Potato-Pepper-Spinach Frittata

SERVES 6 30 MINUTES OR LESS

To accent this hearty brunch or lunch dish, season this frittata with plenty of freshly ground black pepper. To kick up the heat, select an assortment of peppers ranging from mild to hot. Offer a sweet pastry such as banana bread, and conclude the meal with a bowl filled with apples and clementines.

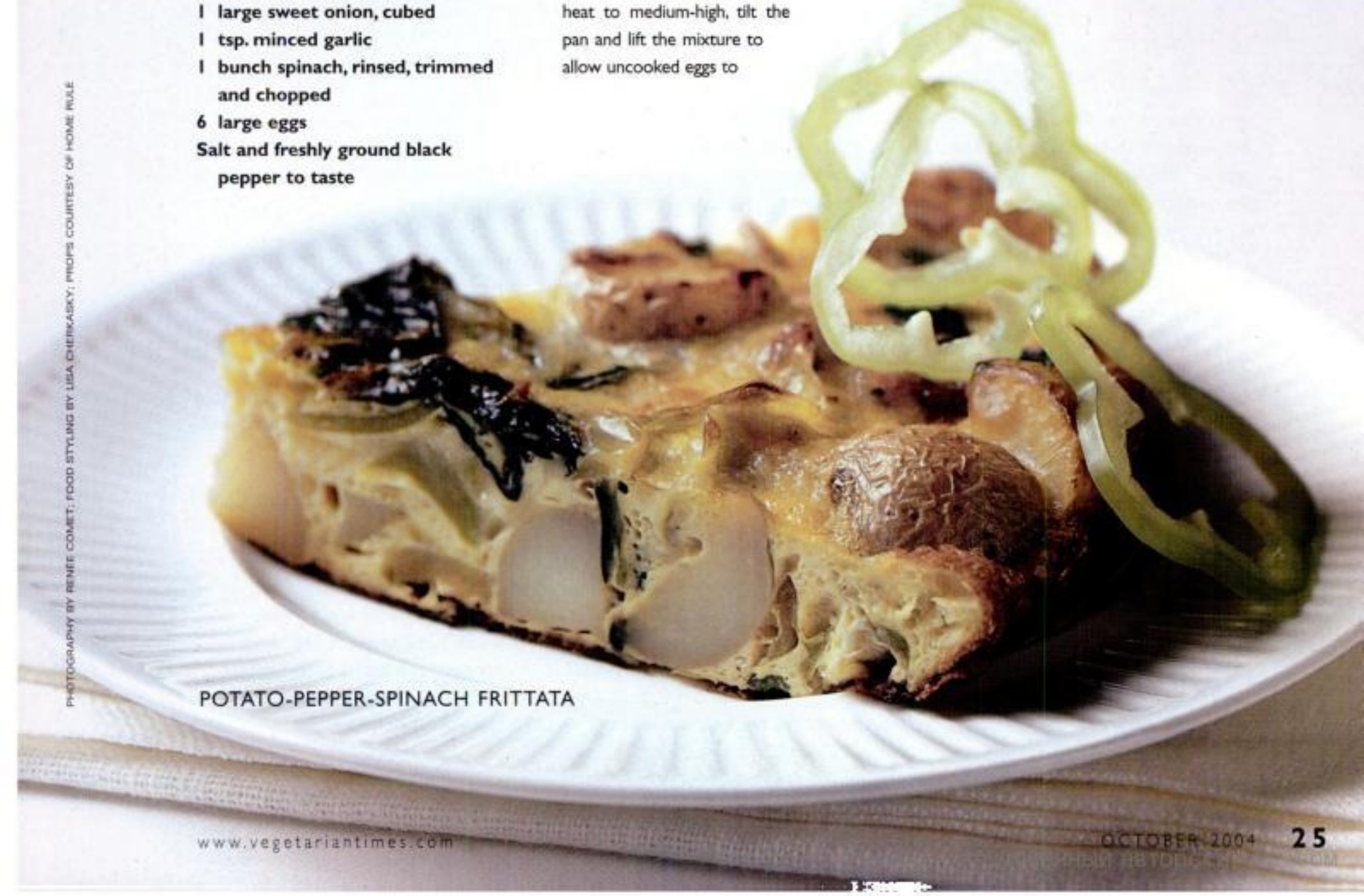
3 Tbs. olive oil
10 oz. baby Yukon gold potatoes, quartered
10 oz. peppers, such as Cubanelle and Hungarian wax peppers, and poblano and jalapeño chiles
1 large sweet onion, cubed
1 tsp. minced garlic
1 bunch spinach, rinsed, trimmed and chopped
6 large eggs
Salt and freshly ground black pepper to taste
4 oz. Monterey Jack cheese, grated
Pepper slices for garnish, optional

1. Heat the oil in a large ovenproof or cast-iron skillet over medium-high heat. Add the potatoes, and sauté until they begin to brown, for about 10 minutes. Add the peppers, onion and garlic, and sauté for about 7 minutes more, or until the peppers wilt and the onion softens.
2. Add the spinach, reduce the heat to medium-low and cover the skillet. Cook for about 3 minutes, or until the spinach wilts.
3. Beat the eggs well, seasoning with salt and pepper. Stir in shredded cheese.
4. Preheat the broiler.
5. Uncover the skillet, and stir potato mixture. Pour in the eggs, increase the heat to medium-high, tilt the pan and lift the mixture to allow uncooked eggs to run underneath. Stir, and continue cooking for about 5 minutes more.
6. Broil the frittata for about 1 minute, or until the top browns. Garnish with pepper slices, if desired, and serve at once.

PER SERVING: 210 CAL; 11G PROT; 14G TOTAL FAT (4.5G SAT. FAT); 12G CARB; 170MG CHOL; 160MG SOD; 2G FIBER; 3G SUGARS

Wine Suggestions

A California Chardonnay would be a good wine for this dish. One such as Freemark Abbey Chardonnay is not too overpowering for the potatoes, peppers and spinach. It has a festive, elegant taste and would be excellent.



POTATO-PEPPER-SPINACH FRITTATA

PHOTOGRAPHY BY RENEE COMET; FOOD STYLING BY LISA CHERKASKY; PROPS COURTESY OF HOME RULE

ANGEL APPLE-TAPIOCA PUDDING CAKE

Angel Apple-Tapioca Pudding Cake

SERVES 6 30 MINUTES OR LESS

With such popular ingredients as apples and butterscotch, this cake is the perfect way for the family to celebrate fall. Yet the dessert is light and delicate, a foil for a more robust entrée. Note that if the pudding sits too long, the cake starts to fall apart because of the moisture of the pudding.

2 cups soymilk
1 cup butterscotch chips
2 Tbs. egg replacer
3 Tbs. instant tapioca
1 tsp. vanilla extract
½ cup applesauce
1 10-oz. premade angel food cake
1 apple, skin on and diced plus apple slices for garnish, optional

1. Combine the soymilk, butterscotch chips, egg replacer and tapioca in a large saucepan. Let the tapioca soak for about 5 minutes.

2. Heat the mixture over medium heat, and, stirring constantly to prevent scorching, cook the pudding until the mixture bubbles and the butterscotch chips are completely melted. Stir in the vanilla and applesauce, remove from the heat, and set aside to cool and firm for 15 minutes.

3. Meanwhile, pull apart the angel food cake in random-sized chunks, and line the bottom of a decorative 3-quart dish with the chunks, reserving remaining chunks to form top layer. Sprinkle apple pieces over bottom cake layer.

4. Spoon half of the cooled pudding mixture over the apple pieces. Add the remaining chunks of angel food cake, and spoon remaining pudding over top. Refrigerate the dessert until ready to serve. Garnish with apple slices, if desired, and serve.

PER SERVING: 370 CAL; 7G PROT; 10G TOTAL FAT (7G SAT. FAT); 66G CARB; 0MG CHOL; 300MG SOD; 1G FIBER; 42G SUGARS

"Chicken" Lo Mein

SERVES 2 30 MINUTES OR LESS

Probably every Chinese cook has his or **her** own version of this Cantonese staple, **but this** vegetarian version gets an added flavor boost with mushroom broth and sesame oil. Offer steamed dumplings to **start,** and, in typical Chinese fashion, sev**eral cut-up** oranges and fortune cookies **to end the** meal.

8 oz. fresh Chinese egg noodles or fresh spaghetti
2 Tbs. vegetable oil
8 oz. sliced mushrooms
1 6-oz. pkg. soy "chicken" strips
1 green bell pepper, seeded and thinly sliced lengthwise
1 cup mushroom broth
1 Tbs. cornstarch

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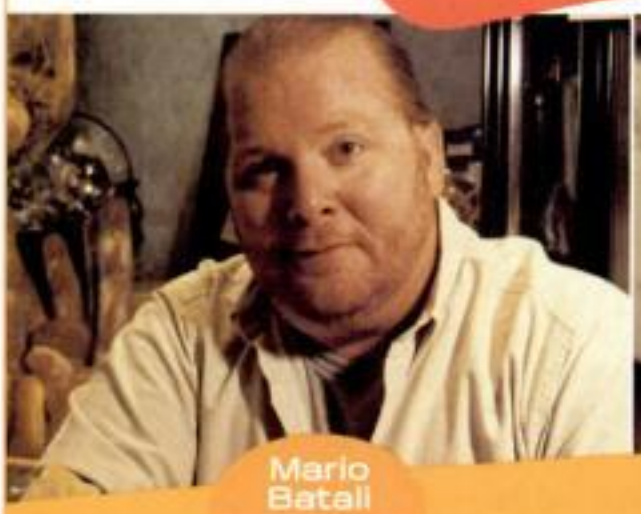
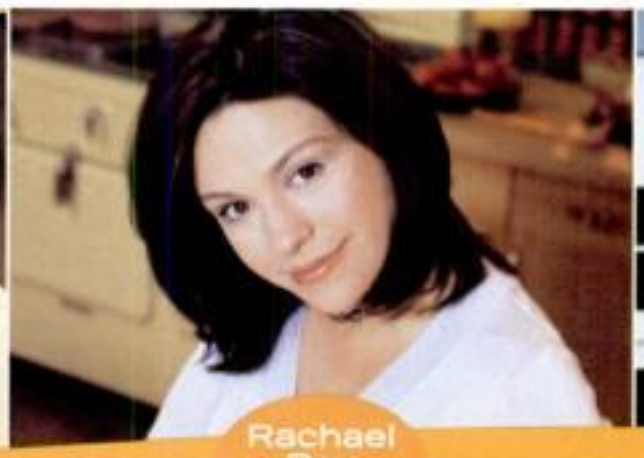
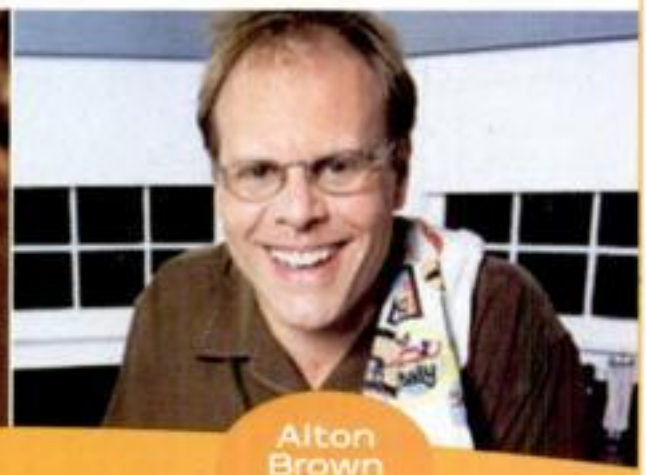


Mario Batali
MOLTO MARIO



Rachael Ray
30 MINUTE MEALS



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BUSH'S
"HERE'S THE RECIPE"
BLACK BEAN SALAD
RECIPE

1 red bell pepper
1 green bell pepper
1 yellow bell pepper
½ cup red onion, diced
1 can (16 oz.) of corn, drained
1 clove garlic, minced
1 tsp. cilantro
¼ cup olive oil
4 tbsp. red wine vinegar
1 tsp. lime juice
Freshly ground pepper
1 can (15 oz.) Bush's Black Beans, drained
Tortilla chips

Seed and dice all bell peppers. In a salad bowl, combine bell peppers, onion, corn, garlic and cilantro. Toss to mix. Add olive oil, vinegar, lime juice and salt and pepper to taste. Toss again. Add the Bush's Black Beans, toss well and serve with tortilla chips. Make extra copies of this recipe to hand out.

Serves six to eight.

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1 Tbs. shredded fresh ginger
1 Tbs. minced garlic
1 Tbs. low-sodium soy sauce
2 tsp. granulated sugar
Drizzle of sesame oil for garnish

1. Cook the noodles in boiling water according to package directions. Remove from the heat, drain, rinse under cold water and set aside.
2. Heat the oil in a large skillet or wok over medium to medium-high heat. Stir-fry the mushrooms and the "chicken" strips for 2 minutes, or until the strips start to brown. Remove "chicken" from wok, and set aside. Add the bell pepper, and stir-fry for 2 to 3 minutes, or until the pepper starts to wilt.
3. Whisk together the broth, cornstarch, ginger, garlic, soy sauce and sugar, and stir into the wok. Add the "chicken" back to the wok, and continue cooking and stirring for about 8 minutes more, or until the mixture thickens. Stir in the noodles, and cook until heated through. Remove from the heat, drizzle with the sesame oil and serve immediately.

PER SERVING: 530 CAL; 26G PROT; 25G TOTAL FAT (2.5G SAT. FAT); 53G CARB; 35MG CHOL; 420MG SOD; 7G FIBER; 11G SUGARS

Pumpkin Pancakes

SERVES 4 30 MINUTES OR LESS

These hearty pancakes welcome autumn with a rich pumpkin purée and with cranberries folded into the thick batter. Serve them with maple syrup, honey or a sprinkling of confectioners' sugar. Warm apple cider and cinnamon-dusted applesauce complement these pancakes, which are perfect for any meal of the day.

2 large eggs
1 cup pumpkin purée
½ cup sweetened dried cranberries
½ cup pumpkin seeds, toasted
1 cup all-purpose flour
1 Tbs. vegetable oil
1 Tbs. baking powder
2 Tbs. granulated or brown sugar
Pinch of salt

1. Whisk the eggs in a mixing bowl until foamy. Stir in remaining ingredients.
2. Spray a large nonstick skillet with nonstick cooking spray, and heat over medium heat. When the surface is hot, scoop about one-third cupful of batter onto the skillet, flattening out the cakes with the back of the spatula. When the bottoms start to turn golden, flip cakes over and cook second side. When both sides are golden and the cakes are firm, after about 7 minutes, remove from the heat. Repeat with the remaining batter.
3. To serve, pass with melted butter or margarine and the desired syrup or other topping.

PER SERVING: 360 CAL; 13G PROT; 15G TOTAL FAT (2.5G SAT. FAT); 47G CARB; 105MG CHOL; 440MG SOD; 4G FIBER; 16G SUGARS

Gorgonzola, Wild Rice and Greens

SERVES 4 30 MINUTES OR LESS

Many supermarkets now stock precooked and vacuum-packed wild rice, a boon for cooks in a hurry who love the delicate wild rice flavor but who lack the time to prepare it from scratch. An elegant dish, this wholesome entrée calls for an equally elegant dessert such as an éclair or a slice of tiramisu.

2 Tbs. vegetable oil
1 sweet onion, thinly sliced lengthwise
1 Tbs. minced garlic
1 bunch broccoli rabe, coarsely chopped
2 cups precooked wild rice
4 oz. crumbled Gorgonzola cheese
4 Tbs. soy "bacon" bits, optional

1. Heat the oil in a large skillet over medium heat. Sauté the onion until golden, for about 8 minutes. Add the garlic and broccoli rabe, reduce the heat to medium-low, cover the skillet and cook until the broccoli rabe starts to wilt, for about 2 minutes.
2. Remove the cover, increase the heat to medium and stir in the wild rice, cooking ▶

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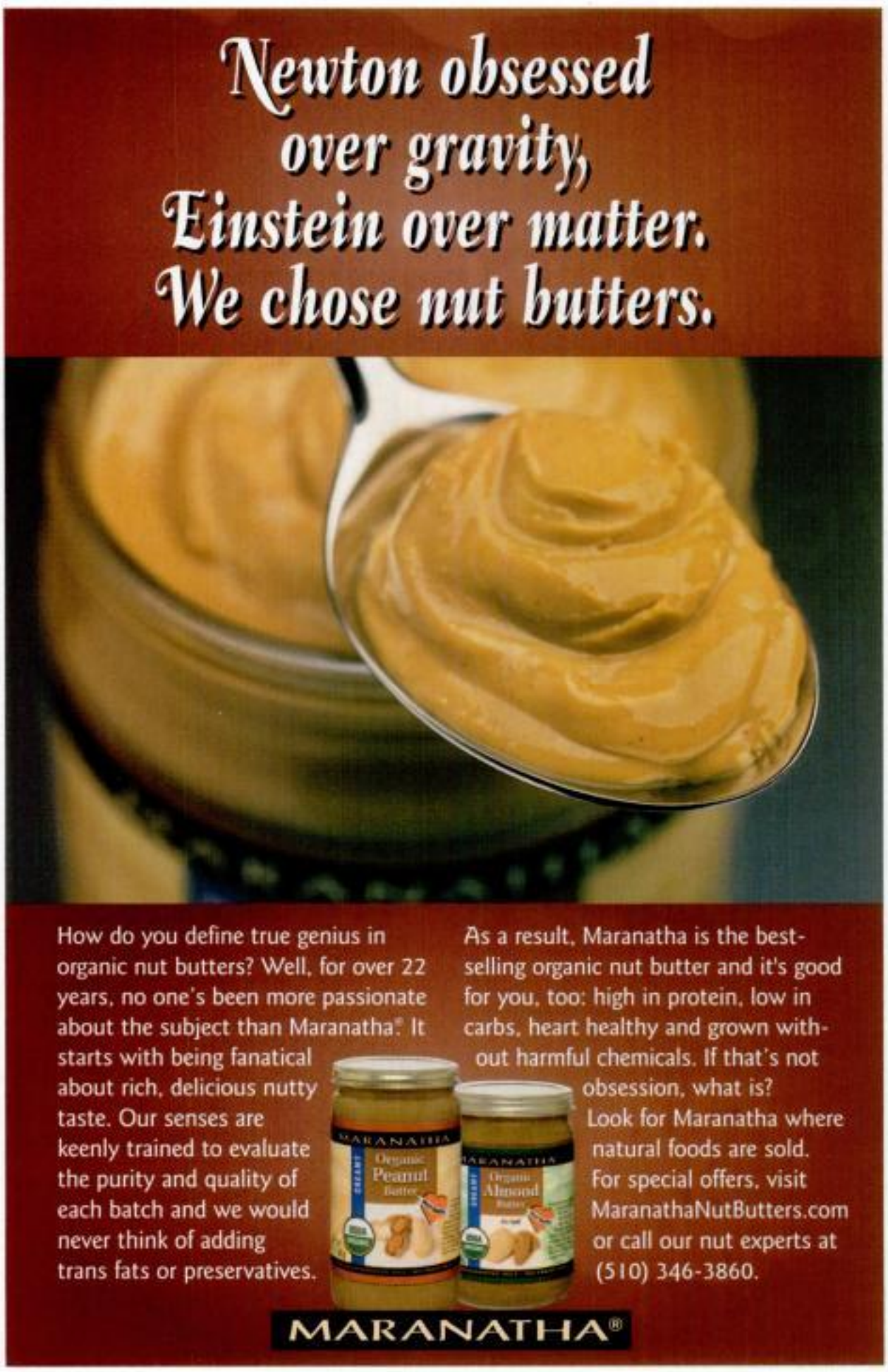
for 3 to 4 minutes, or until the rice is heated through. Stir in the Gorgonzola cheese, and cook for 30 seconds to 1 minute. Remove from the heat before all the cheese melts.

3. To serve, spoon equal portions of the rice mixture onto individual plates, and garnish each serving with 1 tablespoon of "bacon" bits. Serve immediately.

PER SERVING: 330 CAL; 17G PROT; 19G TOTAL FAT (7G SAT. FAT); 30G CARB; 25MG CHOL; 640MG SOD; 3G FIBER; 4G SUGARS

Wine Suggestions

With the earthy wild rice, onion and greens dressed with tangy Gorgonzola cheese, offer a medium Italian red, a delicious pairing with this dish. Try the Rosso di Montalcino.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Tofu Tostadas

SERVES 4 30 MINUTES OR LESS

Breaking the rules, this very Americanized version of the Mexican tostada—traditionally a crisped corn tortilla used as a base for assorted savory toppings—calls for using flour tortillas instead of corn tortillas, and a quick browning in a hot skillet rather than a deep-frying of the tortillas until crisp. For another variation, use broccoli slaw (available in most supermarkets' produce sections) instead of the shredded lettuce. Kick up the heat by using a hot salsa, if you want. Because eating a tostada is really like eating a hearty salad, you can splurge on dessert with fudgey brownies scented with cinnamon.

½ cup salsa
1 15.5-oz. can nonfat black or pinto vegetarian refried beans
6 oz. barbecue-seasoned baked tofu, diced
4 7- to 8-inch flour tortillas
2 cups broccoli slaw or shredded lettuce
1 avocado, diced
1 tomato, diced
1 cup shredded low-fat cheddar cheese

1. Combine the salsa, refried beans and tofu in a large saucepan, and heat over medium heat until warmed through.

2. Spray a large skillet or griddle with nonstick cooking spray, and heat the tortillas, one at a time, over medium heat until the tortilla begins to brown and turn slightly crispy. Adjust the heat, and continue spraying the skillet to prevent burning or toughening of the tortillas.

3. Place the cooked tortillas on individual serving plates, and spoon 1 cup bean mixture over each tortilla, smoothing out to edges. Top with ½ cup broccoli slaw or shredded lettuce, ¼ diced avocado, ¼ diced tomato and ¼ cup cheese. Repeat with remaining ingredients, and serve hot.

PER SERVING: 480 CAL; 27G PROT; 16G TOTAL FAT (4G SAT. FAT); 59G CARB; 10MG CHOL; 1,130MG SOD; 12G FIBER; 3G SUGARS

■

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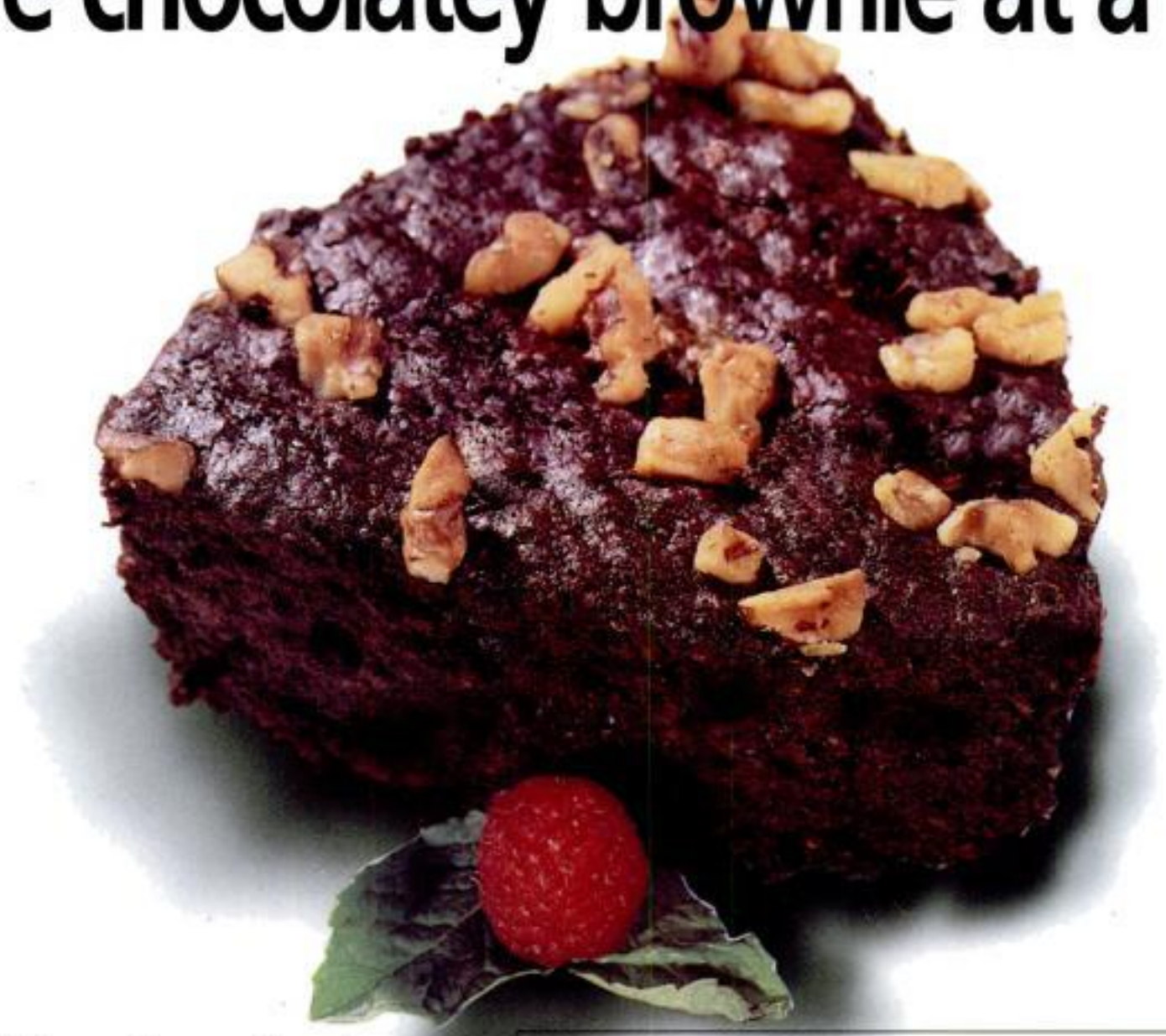
MORI-NU

Changing tofu attitudes. One chocolatey brownie at a time.



You will love these luscious, dairy-free, cholesterol-free, guilt-free chocolate brownies. Made with Mori-Nu Silken Tofu. Another delicious recipe from Mori-Nu. Change your attitude not your taste.

Tasty Tofu Brownie Snacks

Dry Ingredients:

1-1/3 cups cake flour
1/2 tsp. baking soda
1/2 tsp. cinnamon

Wet Ingredients:

1/4 cup unsweetened applesauce
1 tsp. canola oil
3/4 cup sugar
1 pkg. **Mori-Nu Silken Lite Firm Tofu**
1 tsp. vanilla extract
1/3 cup European processed cocoa powder

Optional Garnish:

2 Tbsp. chopped walnuts

Preheat oven to 350°F.

Cut a piece of wax paper to fit in bottom of 8x8" baking pan. With paper removed, grease bottom and sides of pan with vegetable shortening. Place waxed paper on top of greased pan bottom and grease top of waxed paper.

In food processor fitted with metal chopping blade, process all dry ingredients. Empty into small bowl and set aside.

Place all wet ingredients in work bowl and process until smooth, scraping the bowl sides occasionally.

Add dry mixture all at once. Pulse to blend until dry ingredients are just moistened.

Scrape mixture into prepared pan, sprinkle with nuts.

Bake for 22 minutes or until brownies pull away from sides. Let cool for 15 minutes before turning out.

Makes 12 Brownies

Per brownie: 121 calories, 3.4g protein, 25g carbohydrates, 1g fat, 0mg cholesterol, 80mg sodium

Courtesy of Solae, LLC. For more recipes, visit www.solaeliving.com

MORI-NU Morinaga Nutritional Foods, Inc., 2441 W. 205th St., Suite C-102, Torrance, CA 90501. For more free recipes, visit our website at www.morinu.com.

trends

by chef-to-the-stars akasha richmond

High on Hill

Activist **Julia Butterfly Hill** has been in constant motion since spending 2 years sitting in the canopy of an ancient redwood tree. You might remember that, with some help from steelworkers and environmentalists, she successfully negotiated to permanently protect the 1,000-year-old tree named Luna and a nearly 3-acre buffer zone surrounding it. Julia travels 150 days a year in her mission to inspire, support and network individuals, organizations and communities to nurture Earth. Look for her at this year's Green Festivals—two high-energy events promoting sustainability, ecology and social justice. To learn more about Hill and her work, visit www.circleoflifefoundation.org.

hot tip

Healthy Highways: The Traveler's Guide to Healthy Eating by Nikki and David Goldbeck lists more than 1,900 vegetarian health-conscious stores and restaurants across America. Info: www.healthyhighways.com.

Car Talk

Last spring at the annual **Lifestyles of Health and Sustainability** (LOHAS) conference (www.lohas8.com), I learned about the new **2005 Escape Hybrid SUV** that the Ford Motor Company launched this summer. I wasn't surprised to hear that Ford was introducing an energy-efficient hybrid car because CEO Bill Ford, Jr., is an environmentally minded vegetarian. The Ford family's history with vegetarianism began with Henry Ford, who experimented with soy in the 1930s and built a soy-foods factory. A true soy fan, Ford had a suit made out of soy fibers and employed a soy-foods chef.

go green

Honest Tea partnered with the ***Ford Motor Company*** this summer and promoted both companies in specially painted ***Escape Hybrid SUVs.*** I love Honest Tea, whose entire line is organically certified and only lightly sweetened. Find Honest Tea and the Ford Escape at the annual Green Festival in Washington, DC, September 18–19. The event includes seminars on green investing, the food revolution, and the power of art and activism. The next Green Festival (www.greenfestivals.com) will be held November 6–7 in San Francisco.

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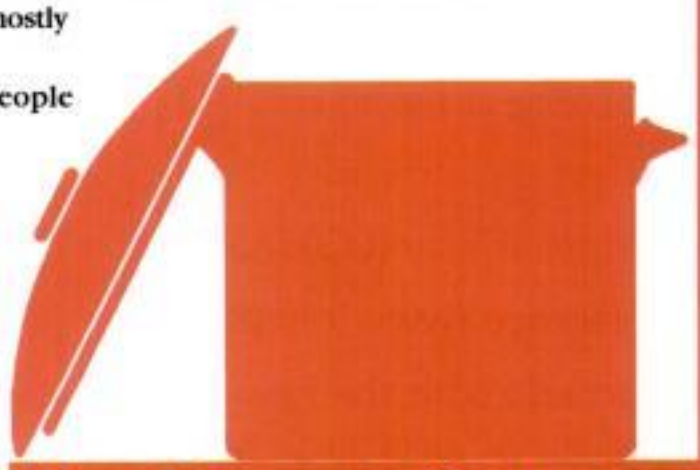

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trends

Free Willy

As the 2004 presidential election approaches, animal rights activists and organizations are gearing up to review strategies, evaluate current campaigns and develop new opportunities for animal rights. Two hundred of these activists will meet **October 1–3, 2004** at the Sheraton Imperial Hotel and Convention Center in Research Triangle Park, North Carolina, for **Empty Cages: The Nineteenth Annual International Compassionate Living Festival.** The Institute for Animals and Society and the Culture and Animals Foundation, the hosts of the event, hope to raise awareness of animal advocacy issues in public policy. Conference speakers will include Tina Nelson of the American Anti-Vivisection Society, Wayne Pacelle of the Humane Society of the United States and Robin Starr of the Richmond, Virginia, SPCA. For more information or to register, visit www.animalsandsociety.org.

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Wild for wild foods and remedies

Forager **"Wildman"** Steve Brill has emerged from the forest with his tastiest treat yet, **"Wild Edible Basics,"** part one in a video series dedicated to the edible and medicinal wild plants and mushrooms of North America. "People will be able to go into their backyards and find delicious and healthy foods, identify them correctly and use them," says naturalist Brill, author of *Identifying and Harvesting Edible and Medicinal Plants in Wild (and Not So Wild) Places*. He's also known for the foraging tours he leads throughout the Greater New York area.

"Wild Edible Basics" takes you from the field to the kitchen and demonstrates how to identify, harvest, preserve and use wild foods safely. Brill discusses wild winemaking and how to avoid poison ivy, ticks and Lyme disease, as well as how to forage for an assortment of healthful foods.

To order "Wild Edible Basics" or to learn more about Brill and his video series, log on to www.wildmanstevebrill.com.

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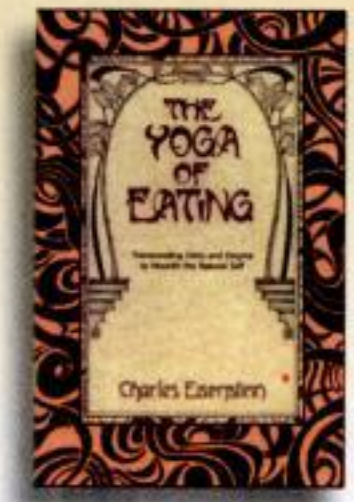

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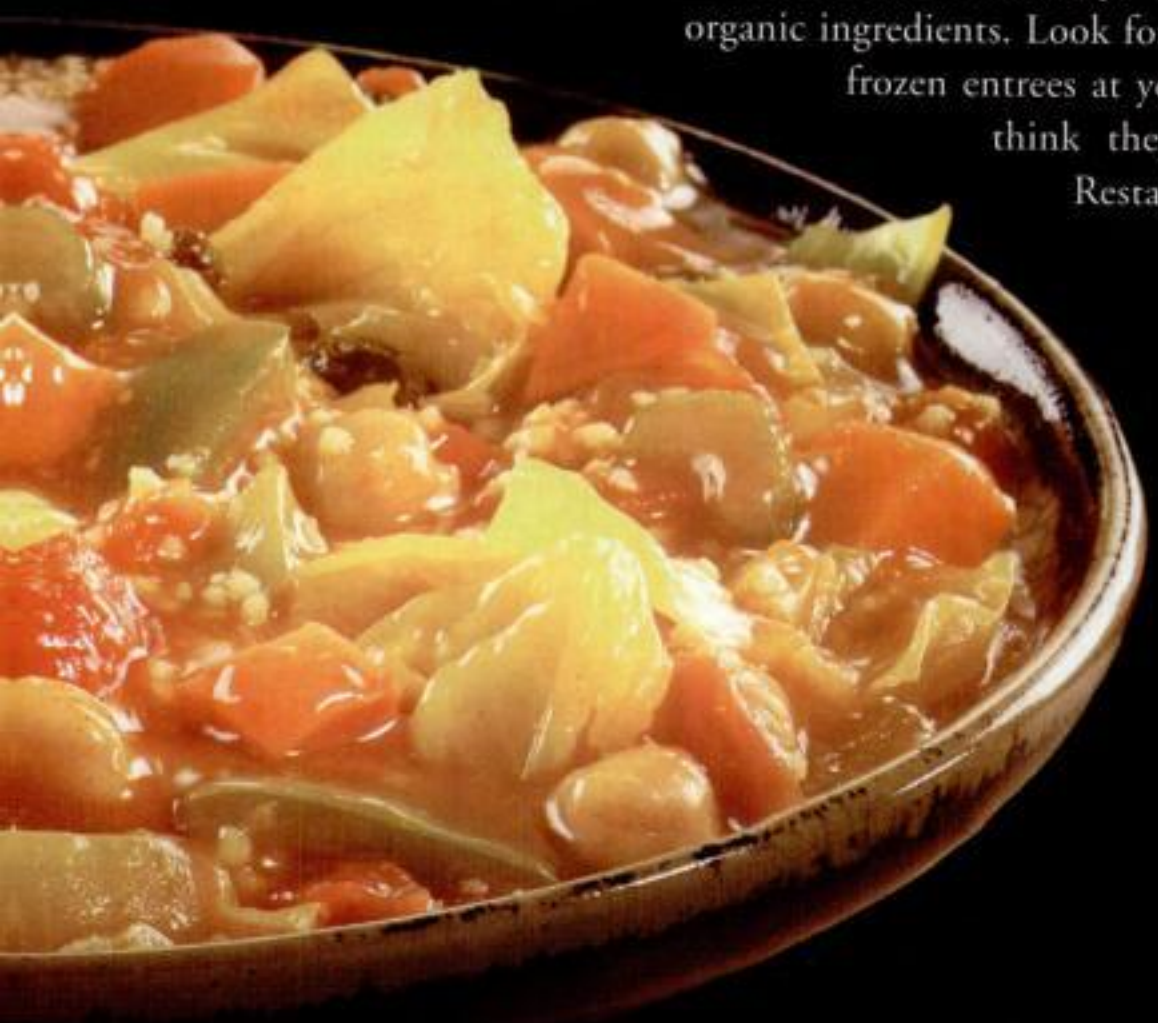

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vegangourmet

Menu for the plant-based palate | by Marie Oser

Country Pumpkin Chowder | Braised Green Beans and Sunflower Seeds | Caramelized Onions
Fruit Compote with Toasted Almonds

Seasonable fruits and vegetables star in this fabulous fall menu. At the center is Country Pumpkin Chowder, a hearty dish with a velvety texture made entirely without milk or cream. Containing just 1 gram of fat per serving, this chowder is tasty and satisfying with buttery Dutch yellow potatoes, soy "chicken" strips and red bell peppers bathed in a thick pumpkin soup. The depth of flavor is achieved with convenient canned pumpkin, Mexican stewed tomatoes, creamy nutritional yeast and lots of chopped fresh cilantro. This heart-healthy chowder makes 12 generous servings and reheats well.

Fresh green beans are often referred to as snap beans because of the sound they make when they are broken into pieces. Braised Green Beans and Sunflower Seeds is a colorful side dish made with crisp-tender green beans, sweet red bell peppers and sunflower seeds, which are an excellent source of vitamin E. A nice accent to the meal, Caramelized Onions are easy to make in advance.

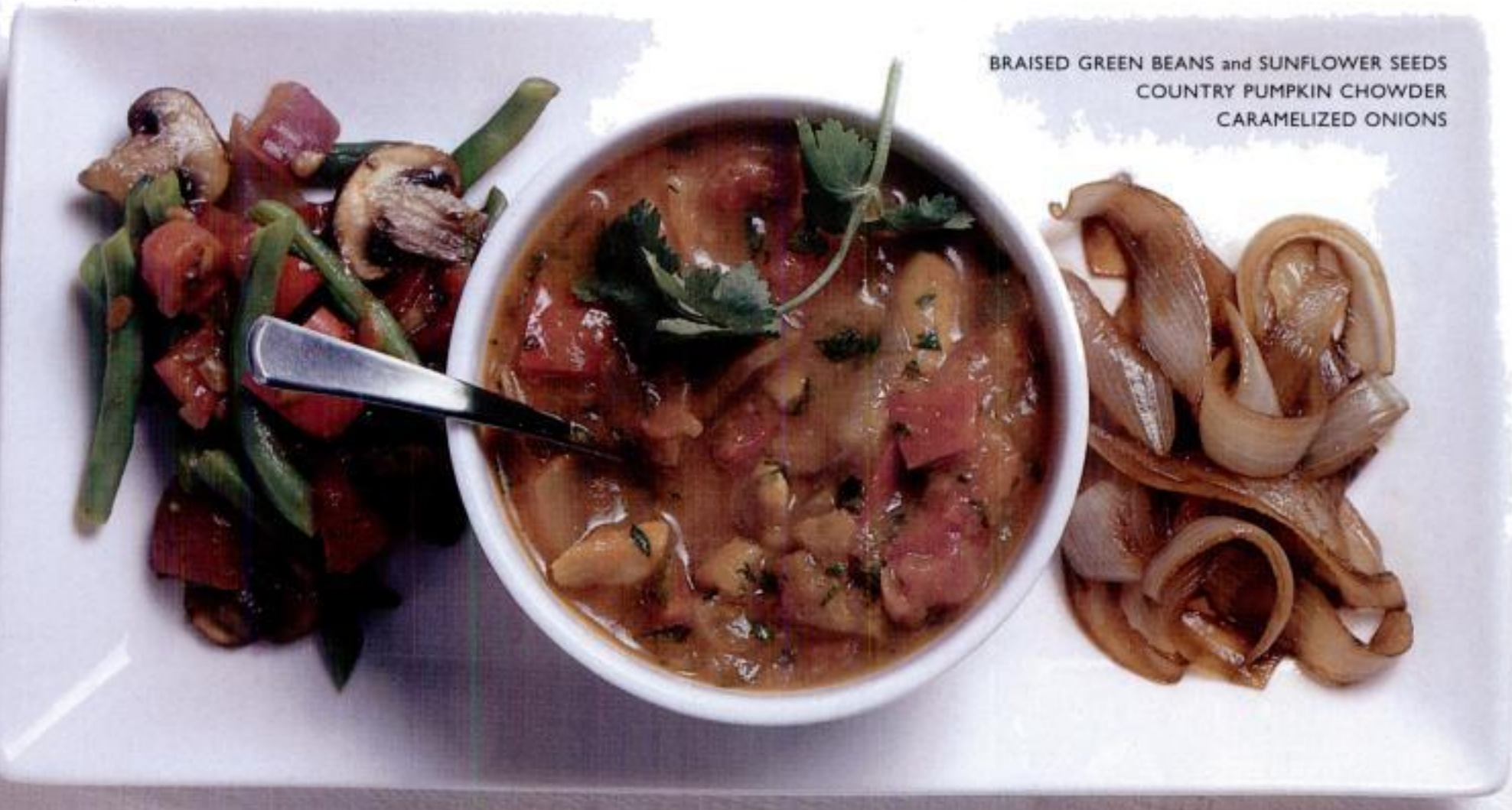
Fruit Compote with Toasted Almonds served over soy "ice cream" is an exceptional late-summer/early-fall dessert. The compote, which can be made in advance, is delightful served on its own at breakfast or lunch. This recipe calls for mixed dried fruits. You can create a colorful mix with any combination of dried fruits that you have on hand such as dried apricots, cranberries or apples.

Country Pumpkin Chowder

SERVES 12 30 MINUTES OR LESS

Pumpkins are loaded with beta-carotene, the antioxidant that imparts a bright orange color. Current research suggests that a diet rich in beta-carotene offers protection against heart disease and certain types of cancer.

2 tsp. olive oil
¼ tsp. crushed red pepper



BRAISED GREEN BEANS and SUNFLOWER SEEDS
COUNTRY PUMPKIN CHOWDER
CARAMELIZED ONIONS

PHOTOGRAPHY BY RENEE COMET; FOOD STYLING BY LISA CHERKASKY. PROPS COURTESY OF SUR LA TABLE

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5 cloves garlic, minced
1 medium yellow onion, chopped
1 red bell pepper, chopped
1 6-oz. pkg. soy "chicken" strips, cut into 1-inch lengths
2 cups cubed baby Dutch yellow potatoes
⅓ cup dry sherry
3 cups vegetarian "chicken"-flavored stock, hot
1 14.5-oz. can Mexican stewed tomatoes, chopped or pulsed in blender
1 15-oz. can pumpkin purée
½ cup chopped fresh cilantro
2 Tbs. nutritional yeast
1 Tbs. tamari
Hot pepper sauce to taste

1. Heat the oil and crushed red pepper in a Dutch oven or large saucepan over medium-high heat for 1 minute. Add garlic, onion and bell pepper, sauté for 2 minutes and add the soy "chicken" strips. Cook for 2 minutes, and add the potatoes. Cook mixture for 5 minutes, stirring frequently. Add the sherry, stir for 30 seconds, and add the stock and tomatoes.
2. Reduce the heat to medium, and spoon in the pumpkin, stirring to mix thoroughly. Add the cilantro, yeast, tamari and hot pepper sauce to taste. Reduce the heat to low, and cook for 10 minutes, or until ready to serve.
PER SERVING: 177 CAL; 6G PROT; 1G TOTAL FAT (0G SAT. FAT); 36G CARB; 0MG CHOL; 732MG SOD; 6G FIBER; 13G SUGARS

Braised Green Beans and Sunflower Seeds

SERVES 6 30 MINUTES OR LESS

Once known as string beans, green beans no longer have the characteristic stringy fibers. Sunflower seeds are a good source of magnesium, which may help reduce the severity of asthma, lower high blood pressure, build bones and prevent migraine headaches.

1½ tsp. olive oil
¼ tsp. crushed red pepper
2 cloves garlic, minced
½ cup chopped red onion
1 large red bell pepper, cut into 2-inch pieces
1 16-oz. pkg. green beans, cut into 2-inch pieces
1 6-oz. pkg. sliced cremini mushrooms
1 14.5-oz. can diced tomatoes with garlic and onions
1½ Tbs. cornstarch
⅓ cup sunflower seeds
2 tsp. dried thyme

1. Heat the oil and crushed red pepper in a large skillet over medium heat for 30 seconds. Add the garlic, onion and bell pepper. Add the green beans, and cook the mixture for 5 minutes, stirring frequently. Stir in the mushrooms, and cook the mixture for 3 minutes. Stir in the tomatoes, and reduce the heat to low.
2. Whisk the cornstarch and 1½ tablespoons of water in a small bowl, and stir into the beans. Add the sunflower seeds and thyme, and cook for 5 minutes. Serve hot.
PER SERVING: 122 CAL; 5G PROT; 5G TOTAL FAT (1G SAT. FAT); 16G CARB; 0MG CHOL; 190MG SOD; 5G FIBER; 5G SUGARS

Caramelized Onions

SERVES 8

These caramelized onions make a sweet and tasty accompaniment to the main-dish chowder.

6 large sweet onions, about 3 lb.
2 Tbs. olive oil
2 Tbs. balsamic vinegar
2 Tbs. light brown muscovado **sugar**
¼ tsp. lemon pepper

1. Peel the onions, cut in half crosswise and slice into ½-inch wedges. Set aside.
2. Heat the olive oil in a Dutch oven or electric skillet over medium-high heat for 30 seconds. Add onions, and cook for 3 minutes, stirring frequently. Reduce heat, add vinegar and sugar, and cook, stirring frequently, for about 45 minutes or until caramelized.
PER SERVING: 93 CAL; 2G PROT; 2G TOTAL FAT (0G SAT. FAT); 15G CARB; 0MG CHOL; 13MG SOD; 3G FIBER; 14G SUGARS

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Fruit Compote with Toasted Almonds

SERVES 8

Spoon the compote over soy "ice cream."

1 8-oz. pkg. mixed dried fruits, diced
1 cup dried pineapple chunks, cut in half
1 cup boiling water
1½ cups fresh orange juice
¼ cup Sucanat
2 Tbs. Amaretto, optional
⅓ cup slivered almonds

1. Put the dried fruits in a large saucepan, and cover with the boiling water. Set aside for 25 minutes, and drain in a wire mesh colander.

2. Add the fruits to the pan with orange juice, Sucanat and Amaretto, if using. Bring to a boil over medium heat, and reduce the heat to low. Cover, and cook for 25 minutes, stirring occasionally. Remove from heat, and set aside to cool.

3. Toast the almonds in a dry saucepan over medium-low heat, stirring and shaking the pan until the almonds are lightly browned.

4. Spoon fruit compote over vanilla soy "ice cream," and garnish with toasted almonds.

PER SERVING: 243 CAL; 2G PROT; 2G TOTAL FAT (0G SAT. FAT); 54G CARB; 0MG CHOL; 9MG SOD; 5G FIBER; 20G SUGARS

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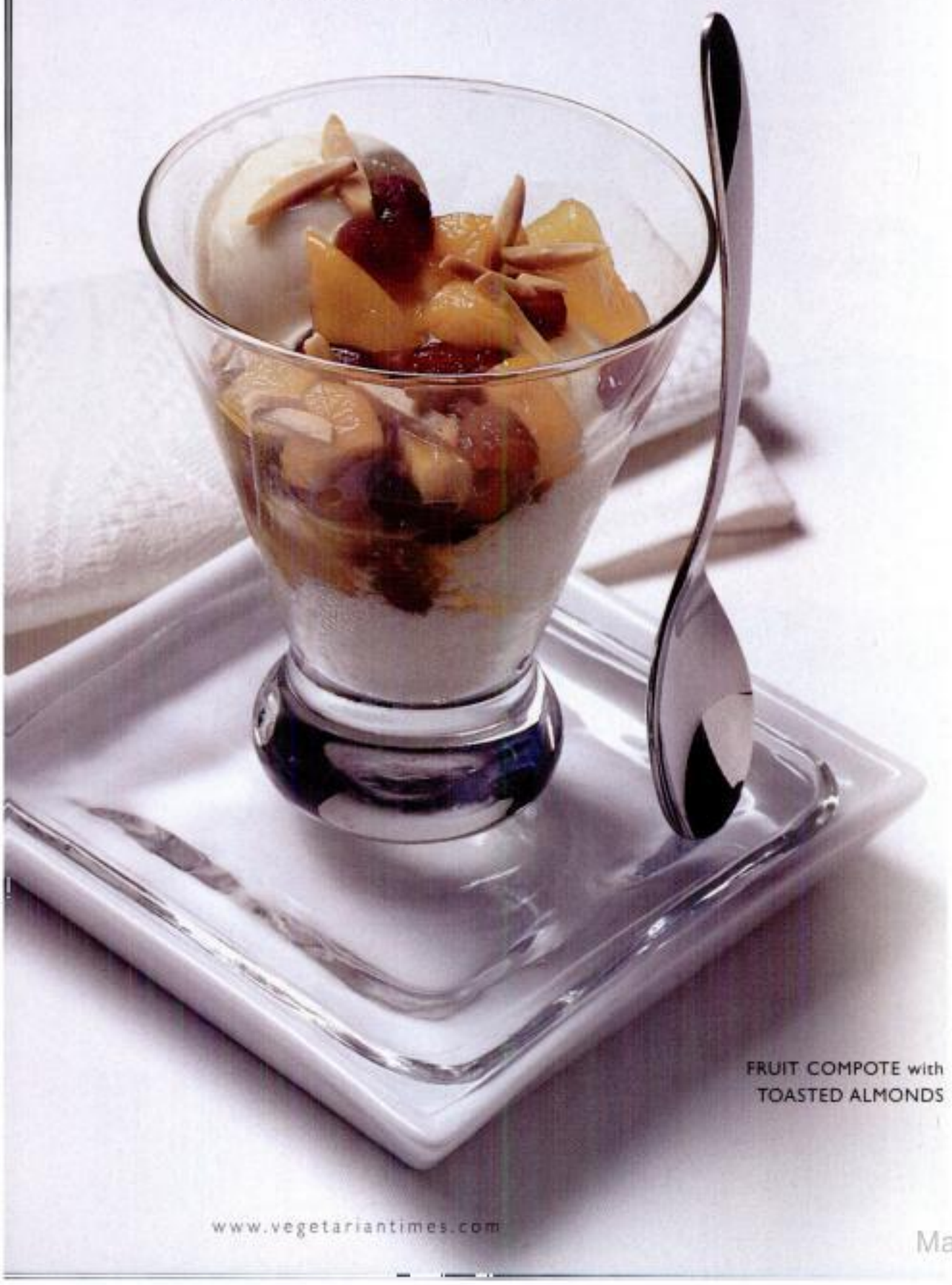
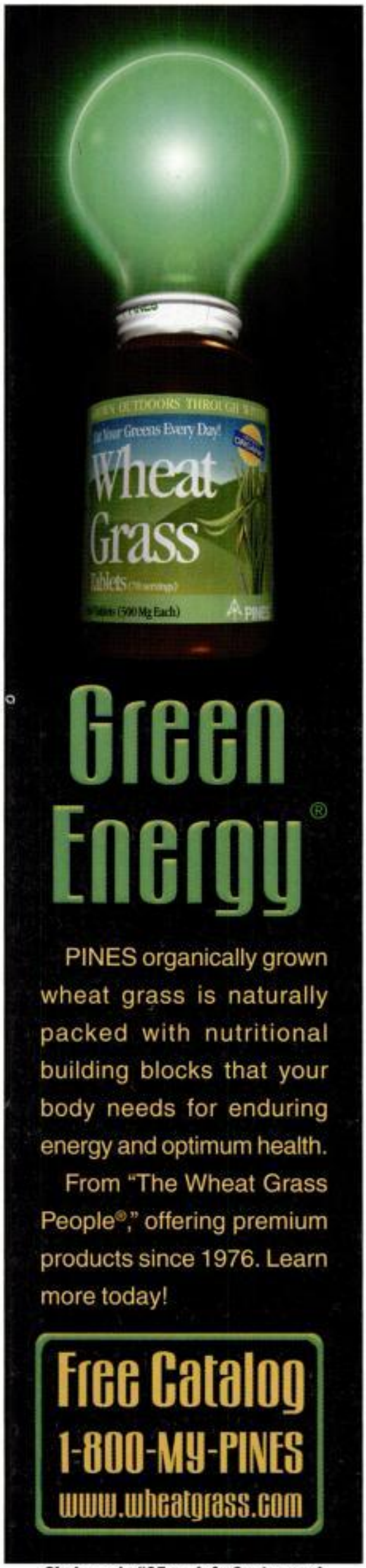


FRUIT COMPOTE with TOASTED ALMONDS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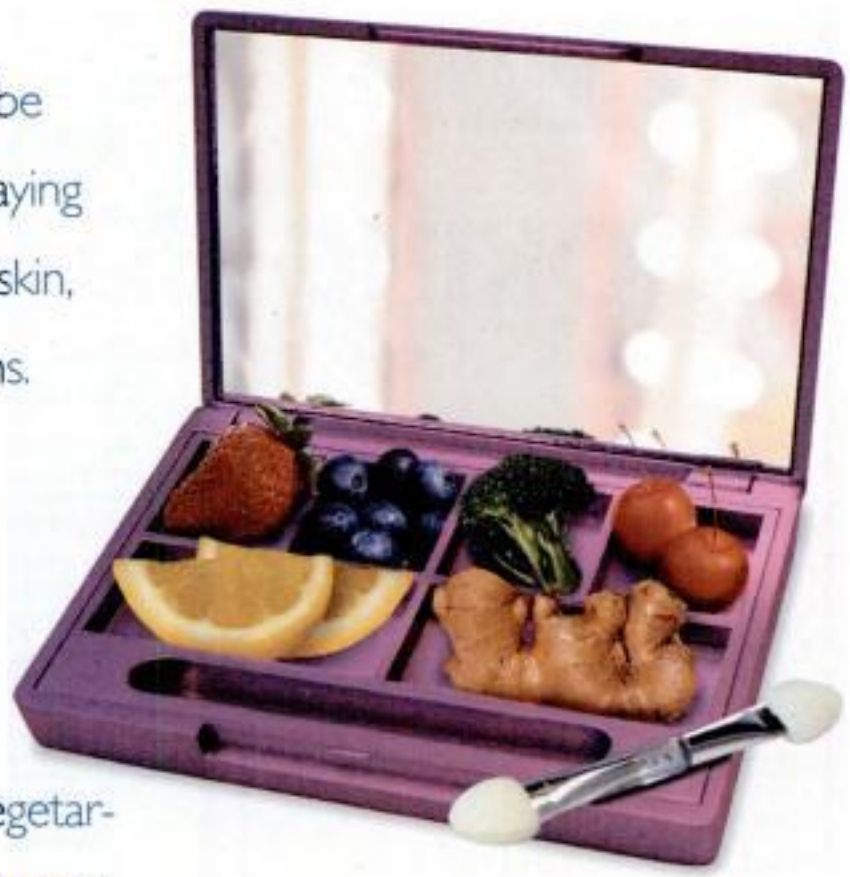
Get Glowing!

Ancient Ayurvedic diet promotes healthy, beautiful skin

by Christie Matheson



You may not need makeup and skin care products to be beautiful, but you do need a wholesome diet. As the saying goes, you are what you eat—and if you want lustrous skin, you should eat a diet rich in nutrients and free of toxins.

Ayurveda, a 5,000-year-old Indian system of holistic wellness, claims that good health begins with digestion. To bring out your beauty from within, Ayurvedic practitioners suggest that you eat fresh, healthful, unprocessed foods. Although Ayurveda is not based in vegetarianism, it is easily adapted to a vegetarian diet. The foods you eat affect your dosha—your unique mix of temperament, body type and constitution—which, in turn, affects your skin.

There are three doshas: vata, pitta and kapha. Most people are a combination of the three with one dosha that is notably dominant. Your dominant dosha can be kept in balance (and not allowed to become too dominant) by eating foods and spices that are most appropriate for that dosha. Sticking to a diet that keeps your dosha in balance—meaning you've achieved optimal health physically and mentally—will help you have glowing skin. To determine your dosha, you can self-diagnose or ask an Ayurveda expert for a dosha analysis.

"When the body is not in balance, there is not harmony; there is stress. And stress creates disease," says Pratima Raichur, founder of the Pratima Ayurvedic Skin Care Clinic in New York City and author of *Absolute Beauty: Radiant Skin and Inner Harmony Through the Ancient Secrets of Ayurveda*. "The skin is one of the largest organs of detoxification, and it shows the effects of imbalance first." But if you understand your dosha and follow the right diet for it, you can have harmony in your body, which will be reflected in your skin.

Vata

Each dosha is associated with two elements. For vata, those are air and space, meaning that dryness and lightness are vata characteristics. Those with a dominant vata dosha tend to be thin, and their skin is cool to the touch.

"Vata can be overstimulated by things that are light, dry and mobile," says Devi Mueller, creator of Patterns for Living, an Ayurvedic practice in Seal Beach, California. When vata is out of balance, skin develops fine lines and wrinkles and becomes flaky, dry and cracked. Hair may fall out, and nails become brittle. "When there isn't enough moisture in the foods you eat, you'll see it in your skin," Mueller says. "To keep vata in balance, eat foods that are moist and have some heaviness." Milk, ▶

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bodybasics

honey and yogurt will nourish the vata skin and help prevent premature aging. Mueller recommends steamed or sautéed vegetables cooked with sesame oil, sweet fruits and mild spices. Eat almonds, cashews and peanuts, but stay away from the dry-roasted ones. Use sesame oil and olive oil both in foods and on the skin. Avoid dry popcorn, raw vegetables and stimulants such as sugar and caffeine. Too much heat can further exacerbate vata dryness, so avoid super-spicy foods too. Eating quickly, on the go or at irregular intervals isn't good for vata, so plan meals carefully, and take the time to finish them.

Turmeric benefits all doshas. Its anti-bacterial properties clean toxins from the blood, which means they won't seep into the skin. Turmeric also aids digestion. Available in capsules or powder, turmeric should be dissolved in warm water or added to foods as a seasoning.

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EXTRAORDINARY:

Special Spa

While most spas are primed to pamper you with pedicures and body wraps, Ayurvedic spas also aim to treat illness and promote long-term health. One such Ayurvedic spa can be found in an utterly unexpected spot: the cornfields of Jefferson County, Iowa, where The Raj spa has been providing services since 1993. With programs tailored to treat chronic conditions from arthritis to multiple sclerosis as well as general programs for "prevention and rejuvenation," The Raj helps clients achieve balance. For skin care, trained technicians bathe your face and body with floral waters and special milk products, and they use mud treatments to nourish your skin. Packages begin at $645 per day. For more information, call 800.248.9050 or visit www.theraj.com.

Pitta

Pitta is the dosha of fire and water—"mostly fire," Mueller says. If pitta is your dominant dosha, you likely have a medium build and moderately developed muscles. Your skin is warm, soft and fair, and you have a tendency to burn in the sun. You may perspire easily and have a fast metabolism and a strong appetite. Pittas usually enjoy spicy and salty foods, but eating foods such as cayenne pepper, fiery salsa and raw garlic can exacerbate and overheat pitta and may lead to skin conditions such as broken capillaries, hives, rashes, acne, eczema, rosacea and itching.

To cool pitta and lessen the chances of experiencing heated skin conditions, choose sweet fruits such as apples, cherries and sweet oranges, and avoid overly tart and sour fruits. "A dash of lemon in water is okay," Mueller says. "Everything in moderation." Avoid foods such as pickles and vinegar because pungent flavors can irritate a pitta's skin. Green vegetables with hints of bitterness such as broccoli and kale have a cooling effect. If you want to season foods with spices, good choices that have cooling properties include fennel, coriander and cumin. Instead of coffee, which is acidic, sip herbal teas.

Don't extinguish the pitta fire completely by eating too many cool foods: That could slow your metabolism or lead to digestive complications or weight gain. Eating while you're working or during intense situations can push pitta out of balance, so slow down and eat calmly. ▶

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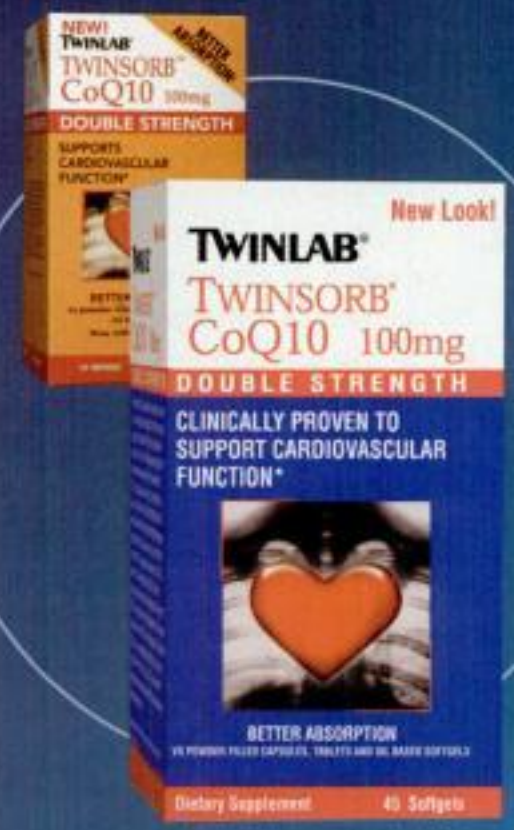

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It's 3 a.m. You have exactly two hours until you have to get up for work, and you still can't seem to fall asleep. At this point, the phrase "tossing and turning" begins to take on a whole new meaning for people whose mattresses simply aren't giving proper support anymore. Your mattress may dictate your quality of sleep. Even if you merely suspect that your mattress may be outdated, that's when you need to take action. Some mattresses fail to support your spine properly, which can result in increased pressure on certain parts of your body. Other mattresses, sporting certain degrees of visco-elastic foam, can sometimes cost you well over $1000. Now, one of the world's leading manufacturers of foam products has developed an incredibly affordable mattress topper that can actually change the way you sleep. Introducing the future of a better night's sleep: The Memory Foam Ultra mattress topper.

Sleep Better™…Wake up to a better morning. The Memory Foam Ultra mattress topper is designed to give you a better sleep surface. Not only does it support each region of your body, but it's also temperature sensitive. With its various-sized "comfort cells," the 2-inch thick Memory Foam Ultra mattress topper combines six zones to support specific body area weight, which promotes a better night's sleep. The largest cells support your shoulders and midsection, while the medium-sized cells support the lumbar, lower back and legs. The smallest cells support your head and feet. Combined, these zones provide variable support from head to toe. By using visco-elastic foam, the Memory Foam Ultra mattress topper also molds to your body contours to help prevent tossing and turning during the night. When you lie down on this amazing material, the heat and pressure sensitive foam reacts to your body's weight and temperature, so that it molds to your exact body shape. This means that whether you sleep on your back, stomach or side, your weight is evenly distributed and your spine remains in a neutral position. Other surfaces support your body at the shoulders, hips and legs only. This causes your spine to sag in other areas, which can often result in discomfort, and even back pain. You'll wake up rested, relaxed and ready to take on the day. Anyone who suffers from insomnia and back pain due to mattress discomfort can benefit from this technology.

What could be wrong with your present bed?

The ideal position is a neutral body posture in which the different parts of the human body are supported individually and evenly. This is the secret behind Memory Foam Ultra, the mattress topper that turns any bed into the ideal sleep surface.

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Massage is an important part of skin health maintenance. If you massage with oil, use the appropriate oil for your dosha. Sesame oil is best for vata; sunflower oil is good for pitta; and a dry massage works well for kapha.

Kapha

Water and earth are the kapha elements. Individuals for whom kapha is the dominant dosha are generally strong and sturdy with lots of endurance. Kaphas tend to have cool, oily, supple skin. They develop wrinkles much later in life than vatas and pittas. However, kaphas have a tendency to gain weight and feel sluggish when out of balance, and movement can cause excessive sweating. When their skin is out of balance, they develop clogged pores and acne.

"Kapha needs foods that are stimulating, warm and dry," Raichur says. To keep the body light and the skin clear, choose fresh vegetables such as asparagus, eggplant and cabbage; legumes; and plenty of zesty spices such as mustard, ginger and garlic to stoke the digestive fires and speed up metabolism.

Kaphas should avoid oily butters and cheeses as well as breads. If you want to cook with oil, use drier oils such as corn or canola oil sparingly.

A sweet tooth is often kapha's downfall. Desserts such as ice cream and cake tend to be heavy and moist; eating these creates significant imbalances in the skin. Kaphas should seek light desserts sweetened with fruit juices instead. Kaphas are likely to overeat and should stop eating well before feeling full.

Au Naturel

When it comes to skin care products, Ayurvedic practitioners believe if you can't eat it, you shouldn't put it on your skin. Your skin is an organ, and, according to Ayurvedic practitioners, it is an organ of digestion.

Products that you use on your skin can seep into your bloodstream through your pores, says Pratima Raichur, founder of the Pratima Ayurvedic Skin Care Clinic in New York City. She recommends reading ingredients carefully. "Something natural is in the same state it was when it came from the earth," she says. "You should use products with no chemicals or preservatives."

Raichur recommends herbal cleansers—sweet, sour or salty for vata; sweet, bitter or astringent for pitta; and pungent, bitter or astringent for kapha. Follow cleansing with an essential oil or blend of oils formulated for your doshic skin type. Geranium, rose, lemon and lime work for vata; rose, sandalwood and vetiver for pitta; bergamot, lavender and eucalyptus for kapha.

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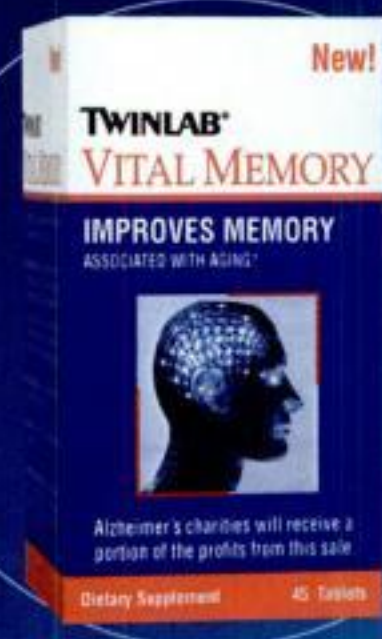

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the winners!

THE RECIPES THAT TOOK ALL THE RIBBONS IN OUR ANNUAL READER CONTEST

By Alexandra Greeley
Photography by Renée Comet
Styling by Lisa Cherkasky

Материал защищен www.gastronautantimet.com

What do a risotto, strudel, quesadilla and savory stuffed bread have in common? Add richly flavored mushrooms to each, and you've got a winner. No big surprise since Americans have developed a passion for mushrooms: We eat about 742 *million pounds* a year, and that doesn't include wild types like porcini and chanterelles, which we're almost as mad for as portobellos, shiitakes and, of course, the familiar white button. But as impressive as the quantities we consume is the quality of recipes you submitted. There were mushroom chowders, fritters, pies, stuffings, stews . . . your culinary creativity was amazing. Still, there were standouts: Every tester raved about the Wild Mushroom Risotto, which took first place this year. So, if you're only going to make one—!

WILD MUSHROOM RISOTTO

FIRST PLACE:
David L. Guimond

Wild Mushroom Risotto

SERVES 6

Although not a mycologist, David Guimond of South Lyon, Michigan, has learned to recognize at least several dozen edible mushroom species, thanks to participating in a naturalists' group led by a mycologist. He is a self-taught cook, and he has refined his cooking skills through travel and by adapting classic recipes to a vegetarian diet. He especially enjoys hosting wild-mushroom feasts served with selected wines. Of this recipe, Guimond says, "I make this two different ways. If I'm using an elegant mushroom like morels or chanterelles, I stick with stock and/or water. However, if I'm using a heartier mushroom like a blewitt or something from the genus *Agaricus*, I may opt to add in a can of diced tomatoes as part of the cooking liquid." He also likes to serve the risotto with a fresh, seasonal, green vegetable.

2 Tbs. unsalted butter
1 medium-sized onion, minced
About ¾ lb. fresh wild mushrooms, coarsely chopped
1½ cups Arborio rice
4 to 5 cups hot vegetable stock or water or both, as needed
½ cup freshly grated Parmesan cheese
Salt and freshly ground black pepper to taste

1. Heat the butter in a large skillet over medium heat. Sauté the onion until translucent, for about 7 minutes.
2. Add the mushrooms, and cook over medium heat until they give up their liquid, for about 7 minutes. Add the Arborio rice to the skillet, and stir. Add liquid 1 cup at a time, stirring until all the liquid has been absorbed, for about 5 to 7 minutes. Cook the rice until it is just tender—avoid adding too much liquid because the rice will become mushy.
3. Stir in the grated Parmesan cheese, salt and pepper, and serve.

PER SERVING: 120 CAL; 4G PROT; 4.5G TOTAL FAT (2.5G SAT. FAT); 17G CARB; 10MG CHOL; 100MG SOD; 1G FIBER; 1G SUGARS

Wine Suggestions
A red wine, either a lighter one such as a Pinot Noir, perhaps one from Byron Vineyards, or a fuller-bodied Italian red would both be excellent with this savory fall classic. The Ruffino Reserva Ducale Chianti Classico would be a very special treat for this dish.

SECOND PLACE:
Cameni Williams

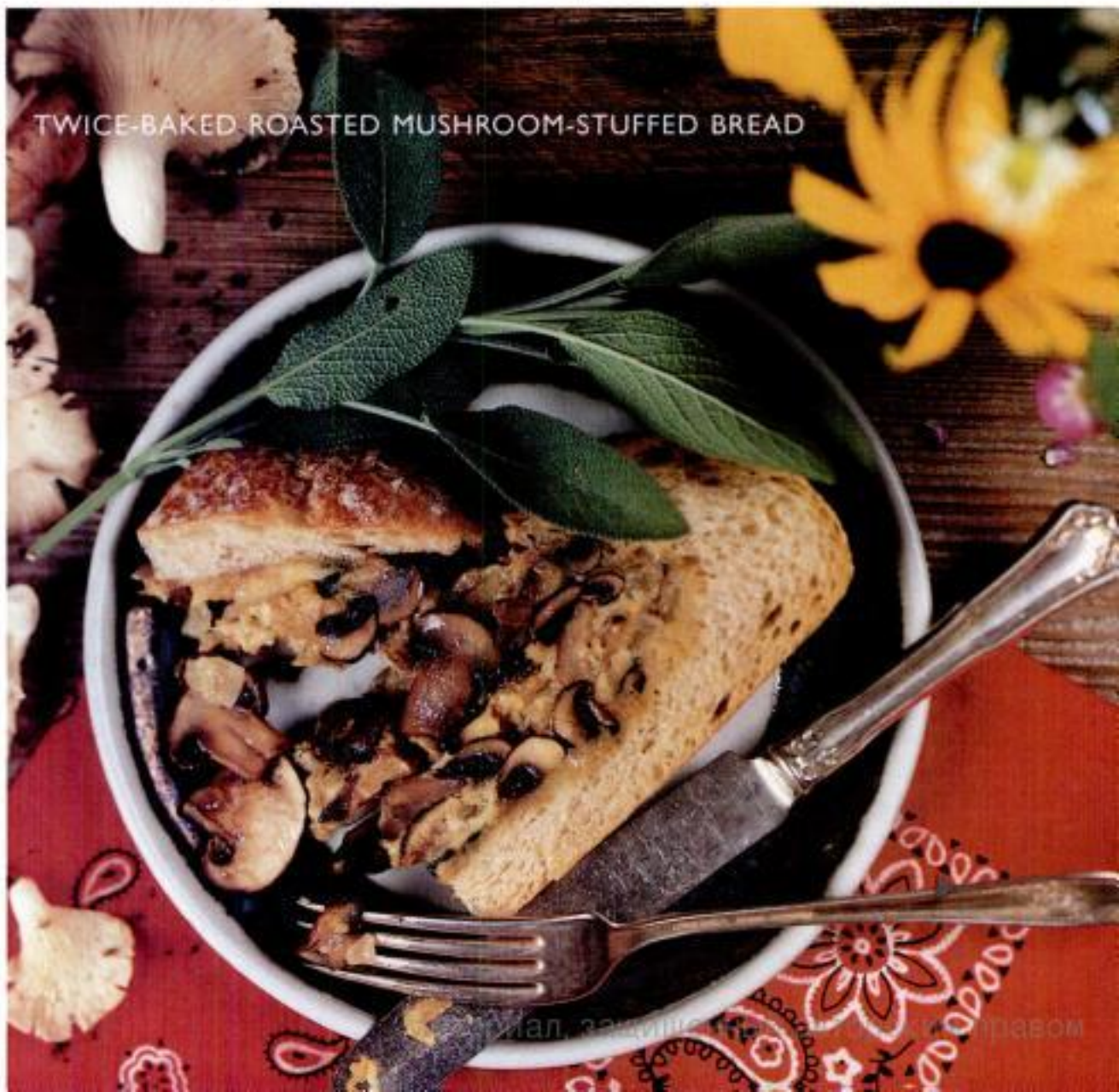
Twice-Baked Roasted Mushroom-Stuffed Bread

SERVES 8

Cameni Williams, the creator of this mushroom extravaganza, is a native of San Juan Island off of Washington state. She has followed her culinary passion all over the world from New York to France to Southern Mexico and back again. She has been an avid reader of *Vegetarian Times* for the past 10 years.

1 cup extra virgin olive oil
4 cloves minced garlic
Salt and freshly ground black pepper to taste
2½ lb. portobello, cremini or wild mushrooms
1 onion, diced
¼ cup chopped sage
¼ cup chopped rosemary
1 large round loaf of artisan bread, about 1 lb.
1 cup shredded low-fat Swiss cheese
2 large eggs, beaten with ¼ cup nonfat milk

1. Combine the oil, garlic, salt and pepper in a large bowl, and add the mushrooms. Marinate them for at least 24 hours.
2. Preheat the oven to 425F. Remove mushrooms from marinade, and roast them for 45 minutes. Remove from the oven, cool and chop coarsely. Set aside. Reduce the temperature to 350F.
3. Heat the remaining marinade in a large skillet over medium heat, and sauté the onion for 7 minutes, or until translucent. Add the mushrooms and herbs, and cook for 5 minutes. Remove from the heat, and cool.
4. Cut a hole in the top of the bread, about ½ inch down from the top, and hollow out the loaf. Reserve the soft breadcrumbs in small pieces.



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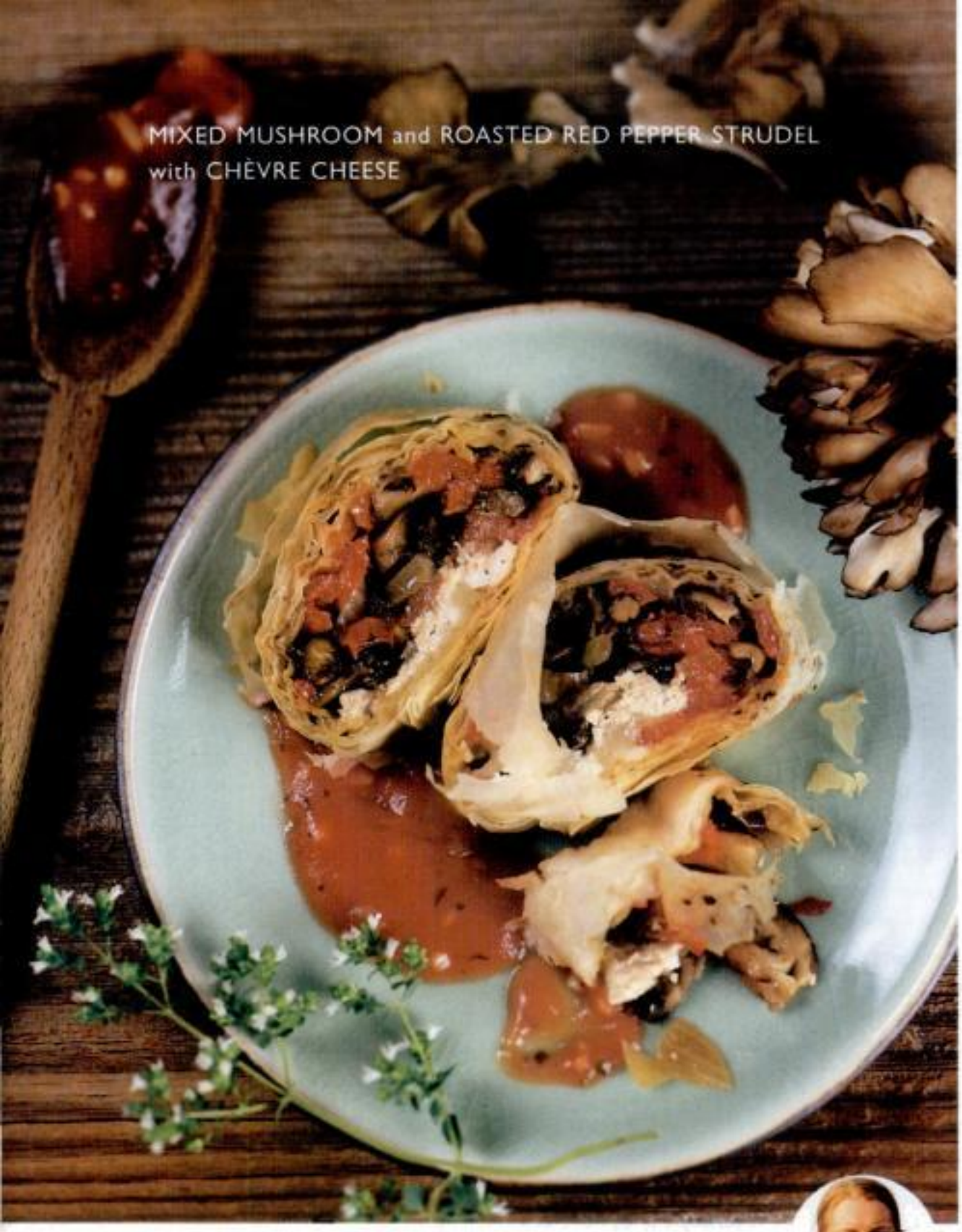

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5. Transfer the mushroom mixture to a large bowl, and add about ½ cup of the reserved breadcrumbs. Sprinkle in the cheese, salt and pepper, and add the eggs. Stir until the mixture is moistened throughout.

6. Stuff the mixture back into the hollowed-out bread, and wrap the loaf in foil. Be sure that the loaf is totally covered to prevent it from drying out.

7. Bake the loaf until the mixture is cooked through, for about 45 minutes. Remove from the oven, unwrap the foil and cool slightly. Slice the loaf, and serve with a tart green salad.

PER SERVING: 390 CAL; 11G PROT; 31G TOTAL FAT (5G SAT. FAT); 17G CARB; 60MG CHOL; 115MG SOD; 3G FIBER; 4G SUGARS

THIRD PLACE:
Michele A. Brusegard

Mixed Mushroom and Roasted Red Pepper Strudel with Chèvre Cheese

SERVES 6

Michele Brusegard started eating mushrooms about 10 years ago, but before that she studiously avoided them in any dish. She had prepared a similar strudel recipe but didn't like the results. After some thought, she developed this dish. "I use mushrooms now fairly often," she says.

Filling

3 sweet red peppers
½ cup white wine or water
½ red onion, thinly sliced
3 cloves garlic, minced
1 lb. mixed fresh mushrooms, sliced
Salt and freshly ground black pepper to taste
4 oz. chèvre cheese

Strudel

1 oz. dried shiitake mushrooms
8 sheets (½ lb. pkg.) frozen phyllo dough, thawed

Sauce

1 12-oz. can tomato juice
4 cloves garlic, minced
1½ tsp. crushed dried rosemary
1 tsp. dried oregano
1 tsp. dried basil
½ tsp. fennel seeds
¼ cup white wine or water
3 Tbs. cornstarch
¼ cup nonfat milk

1. Preheat the oven to broil.

2. To make the Filling: Roast the peppers under a broiler, turning often, until the skins are blackened, for about 20 minutes. Place the peppers in a paper bag, and steam them for another 15 minutes. Remove the charred skins from the peppers, holding them over a bowl to catch the juices. Thinly slice the peppers, and set aside the strips from 1 pepper to use as a garnish. Reduce the oven temperature to 350F. Lightly oil a baking sheet.

3. Heat the wine or water in a large skillet over medium heat, and cook the onion and garlic in the liquid for 5 minutes. Add the mushrooms, and continue to cook until the mushrooms are tender and the liquid is almost evaporated, for about 10 minutes more. Remove from the heat, and mix the mushroom mixture and pepper strips together. Season with salt and pepper, and set the mixture aside.

4. To make the Strudel: Put the dried mushrooms into a bag, and crush them using a rolling pin. Spray one sheet of the phyllo dough with nonstick cooking spray, and spread some of the mushroom crumbs on top. Place another layer of phyllo on top, coating it with nonstick cooking spray and mushroom crumbs. Continue to layer

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the phyllo and mushroom crumbs until the phyllo is used up.

5. Drain any collected fluid from the mushroom-pepper mixture, combine it with the reserved roasted pepper juice, and set aside. Spread the filling on top of the phyllo, and sprinkle with the crumbled chèvre cheese. Starting at the longer side of the phyllo sheet, roll the strudel into a log, and tuck in the sides. Carefully place the strudel onto the baking sheet.

6. Bake for 30 minutes, or until the phyllo is golden in color. Remove from the oven.

7. Meanwhile, to make the Sauce: Put the tomato juice, garlic and herbs into a saucepan, and bring to a boil over medium heat. Reduce the heat to medium-low, and cook for 5 minutes. In a separate bowl, mix the wine, the reserved liquids from the mushrooms and peppers and the cornstarch. Slowly whisk the mixture into the tomato juice, and cook until thickened. Whisk in the milk, remove from the heat and keep warm.

8. To serve, spoon half of the sauce onto 6 individual plates, and cut the strudel into 6 portions, placing one portion on each plate. Spoon the remaining sauce over the strudel. Garnish with the pepper strips.

PER SERVING: 240 CAL; 9G PROT; 6G TOTAL FAT (3G SAT. FAT); 33G CARB; 10MG CHOL; 473MG SOD; 3G FIBER; 7G SUGARS

Wine Suggestions

Earthy mushrooms, red peppers and an herby tomato sauce call for a Pinot Noir such as the Edna Valley, or an Italian red, perhaps the Sfida Rosso, a spicy blend of three Italian grapes.

FOURTH PLACE:
Wendy Terwilliger

Black Bean and Mushroom Quesadillas

SERVES 6

Wendy Terwilliger and her partner collaborated on this mushroom recipe, a result of their mutual love for cooking with and eating many kinds of mushrooms. Terwilliger notes that they cook with approximately 20 varieties of wild mushrooms, particularly enjoying the smoky chanterelle mushrooms.

Salsa

1 pineapple, peeled and sliced into ½-inch-thick rings
1 ripe mango, chopped
1 large tomato, peeled and chopped
1 small onion, chopped
4 cloves garlic, minced
1 to 3 jalapeño chiles, seeded and chopped, or to taste
3 Tbs. chopped cilantro

Quesadillas

2 Tbs. olive oil
1 small onion, diced
2 cups chanterelles or other mushrooms such as cremini or porcini, chopped
1 Tbs. minced garlic
1 to 3 jalapeño chiles, seeded and chopped, or to taste
1 14.5-oz. can black beans, drained and rinsed
1 tsp. chipotle powder or chipotle en adobo, or to taste
Ground cumin to taste
Salt and freshly ground black pepper to taste
3 Tbs. chopped cilantro
6 whole wheat flour tortillas, one per quesadilla
About 1 cup grated low-fat or regular cheddar cheese

1. To make the Salsa: Grill or broil the pineapple rings until lightly browned on both sides. Chop into cubes, and mix with the remaining ingredients. Refrigerate overnight to allow flavors to meld.

2. To make the Quesadillas: Heat the oil in a large skillet over medium heat, and sauté the onion and mushrooms until the onion begins to soften, for about 5 minutes. Add the garlic and jalapeños, and continue to sauté for 1 minute more. Add the black beans, chipotle en adobo, cumin, salt and pepper, and reduce the heat to low. Cook, stirring, until heated through. Add the cilantro, and adjust seasonings to taste.

3. Place 1 tortilla on a flat surface, and spoon about ⅓ cup mushroom-bean mixture onto one-half of the tortilla. Sprinkle on about 2 tablespoons of cheese. Fold the unfilled half over the filling, and set aside. Repeat until the filling mixture is used up.

4. Spray a nonstick skillet with nonstick cooking spray, and heat the skillet. Heat the quesadillas on the filled sides until browned, for about 3 minutes. Turn over, and brown the second sides. Spray the skillet as needed with nonstick cooking spray. Place quesadillas on individual plates, and top generously with the salsa.

PER SERVING: 450 CAL; 24G PROT; 6G TOTAL FAT (1G SAT. FAT); 83G CARB; 5MG CHOL; 480MG SOD; 20G FIBER; 16G SUGARS

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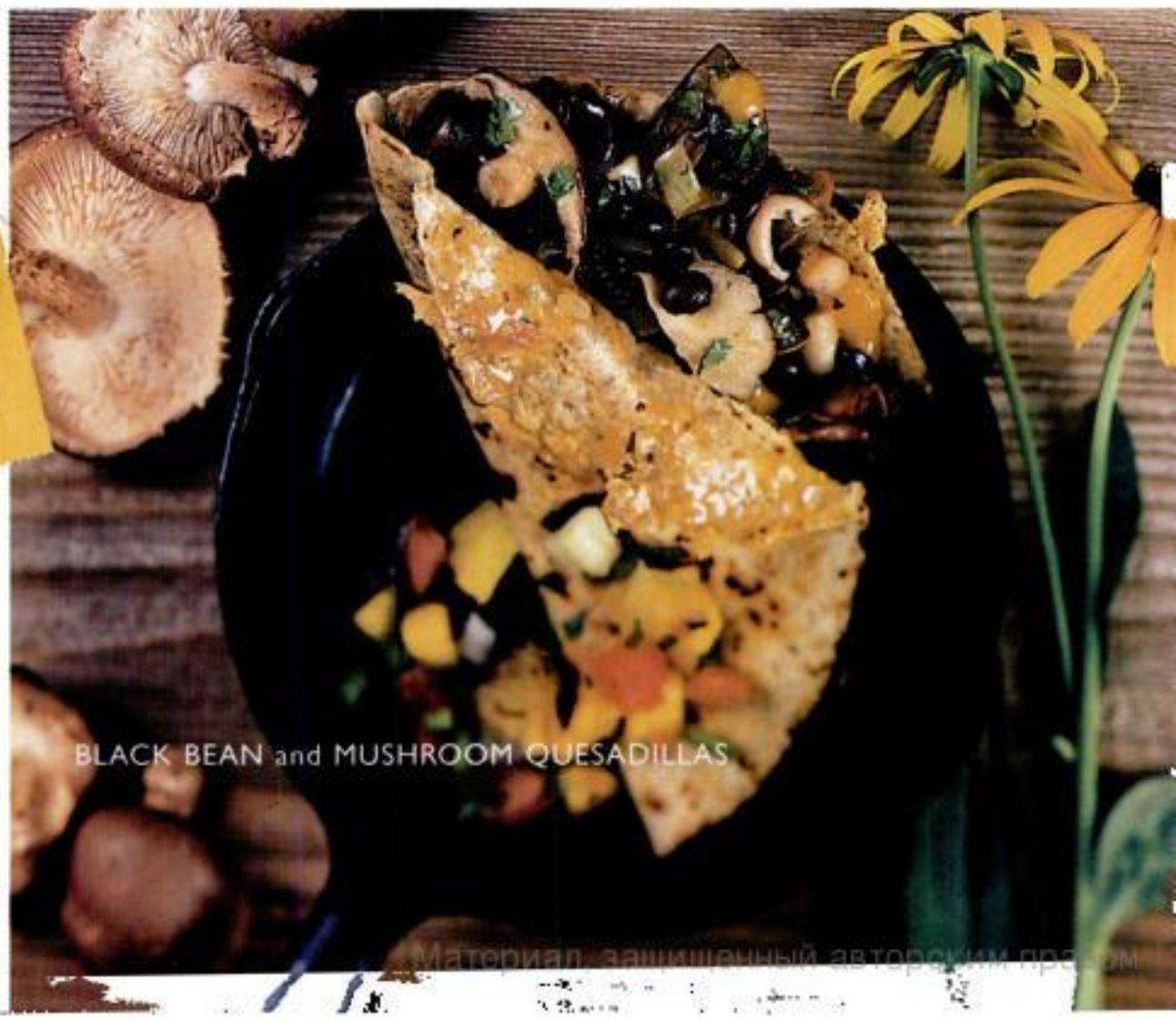

BLACK BEAN and MUSHROOM QUESADILLAS

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room at the inn

FOR GOOD PEOPLE, COZY COMFORT AND IRRESISTIBLE BREAKFASTS, B&BS ARE HARD TO BEAT. BUT A VEGETARIAN B&B? NOW WE'RE TALKING!

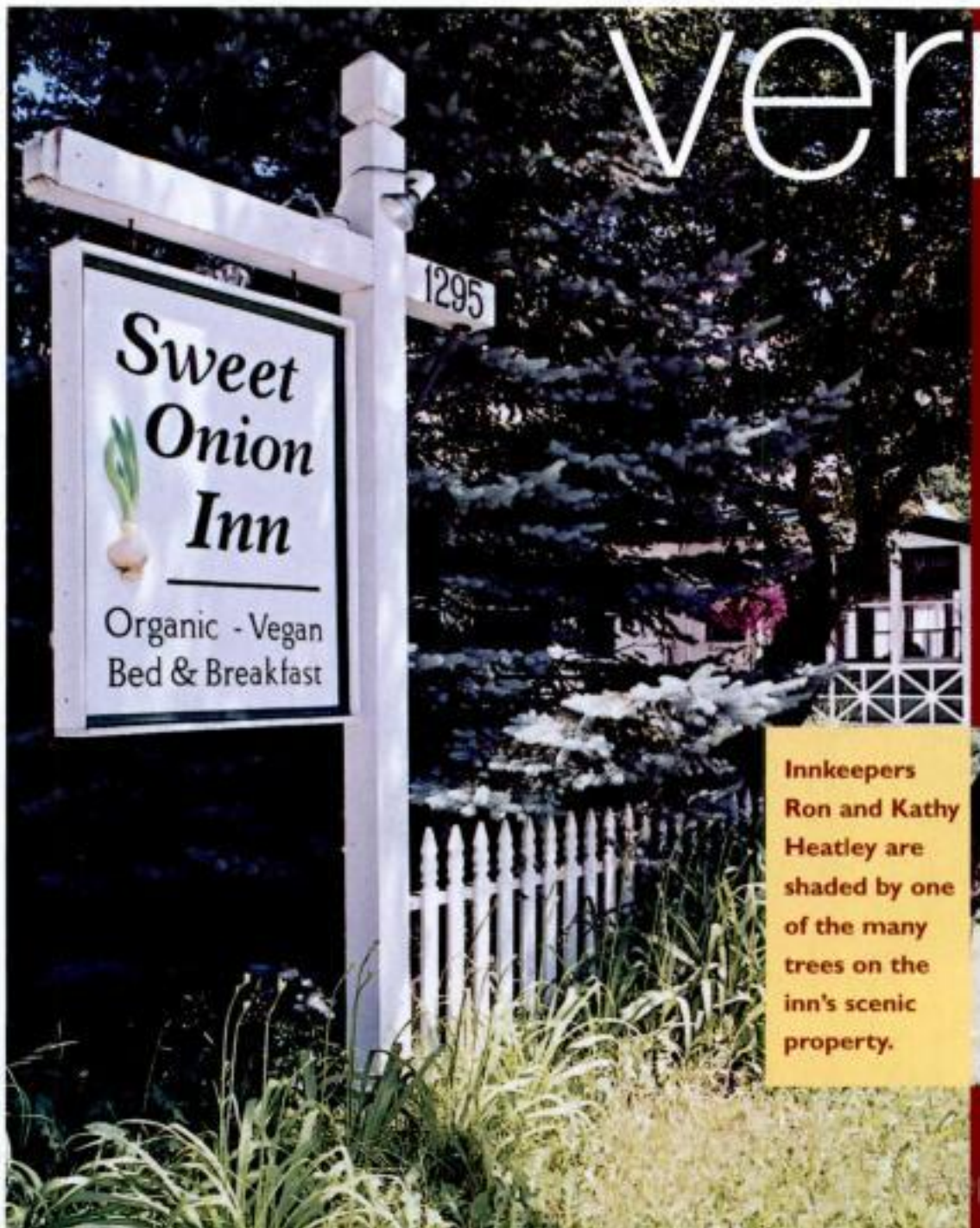
By Anne Parsons
Food Photography by Renée Comet
Food Styling by Lisa Cherkasky

Vegetarians, hit the road. Plan a vacation. Visit relatives. See the country. All across the United States, enterprising innkeepers operate vegetarian or vegan bed-and-breakfast establishments, or B&Bs, that cater to the growing numbers of vegetarian travelers.

B&Bs—an escape from home and a substitute for it—are purported to be British. While many ancient wayside inns were hospices set up by abbeys, local folks soon opened up their homes to travelers and tourists alike, offering clean beds for the night and a morning repast. Today, the B&B idea has gone global, and in America, the choice of accommodations ranges from the no-frills charming cottage in the woods to the elegant adobe surrounded by cacti.

Vegetarian B&Bs are, however, a relatively recent phenomena and a boon to the wayfarer who eschews the bacon/ham/sausage breakfast. Now travelers are faced with a new problem: Which destination to select? Simple farm fare? Elegant ethnic? The following B&Bs offer warm hospitality, interesting conversations, and, of course, delicious vegetarian and/or vegan meals.

Vermont



Sweet Onion Inn
Hancock, Vermont

Located in the Green Mountains, the Sweet Onion Inn, owned by Ron and Kathy Heatley, welcomes all guests and in particular the dedicated vegetarian and vegan traveler. Both ardent vegans themselves, the Heatleys searched for 5 years to find their present inn, a former farmhouse nestled in a scenic valley between two mountains.

Innkeepers Ron and Kathy Heatley are shaded by one of the many trees on the inn's scenic property.

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Picturesque and rural, the inn is near a river for swimming and open countryside for summer hiking and winter skiing. In their division of labor, Mrs. Heatley manages the day-to-day operations, and Mr. Heatley runs the kitchen and teaches cooking classes.

Because Mr. Heatley takes his veganism seriously, he draws from the Native American notion that making life decisions must take into account the needs of the next seven generations—that sustainable development must not endanger the natural systems that support life on Earth. "A vegan lifestyle," says Mr. Heatley, "is important for diet, health and the environment—no sprays, no pollution, no killing." Admitting that he prefers not to cook ethnic or gourmet foods, he instead transforms mainstream fare into vegan dishes for a delicious, well-balanced menu.

Tempeh Soysage

SERVES 4

Ron Heatley created the Tempeh Soysage recipe because he wanted a breakfast protein that does not include sugar. He usually serves these patties with biscuits, vegan gravy and oven-roasted potatoes. Leftover patties are great in sandwiches with lettuce, onion and soy mayonnaise.

3 Tbs. tamari soy sauce
1½ Tbs. olive oil, optional
12 oz. tempeh
¼ cup rolled oats
½ cup oat bran
1½ tsp. dried sage
1 tsp. dried marjoram
1 tsp. dried thyme
¼ tsp. freshly ground black pepper

1. Combine the tamari, 6 tablespoons water and oil, if using, and set aside.

2. Insert a steamer basket into a large saucepan, and steam the tempeh over boiling water for about 15 minutes, or until it is cooked through.

3. Remove from the heat, and set aside. When cool enough to handle, crumble the tempeh into a large mixing bowl. Stir in the remaining ingredients. Add the tamari mixture.

4. Form the tempeh mixture into patties, using a generous tablespoonful per patty. Spray a nonstick skillet with nonstick cooking spray. Put a spoonful of the mixture into the hot skillet, pressing it down with a fork. Cook the patties for 5 minutes, or until browned and to the desired doneness. Turn over, and cook the second side for 5 minutes. Remove from the heat, and serve.

PER SERVING: 220 CAL; 19G PROT; 6G TOTAL FAT (1G SAT. FAT); 23G CARB; 0MG CHOL; 760MG SOD; 7G FIBER; 3G SUGARS

Sweet Onion Inn
Route 100, PO Box 66
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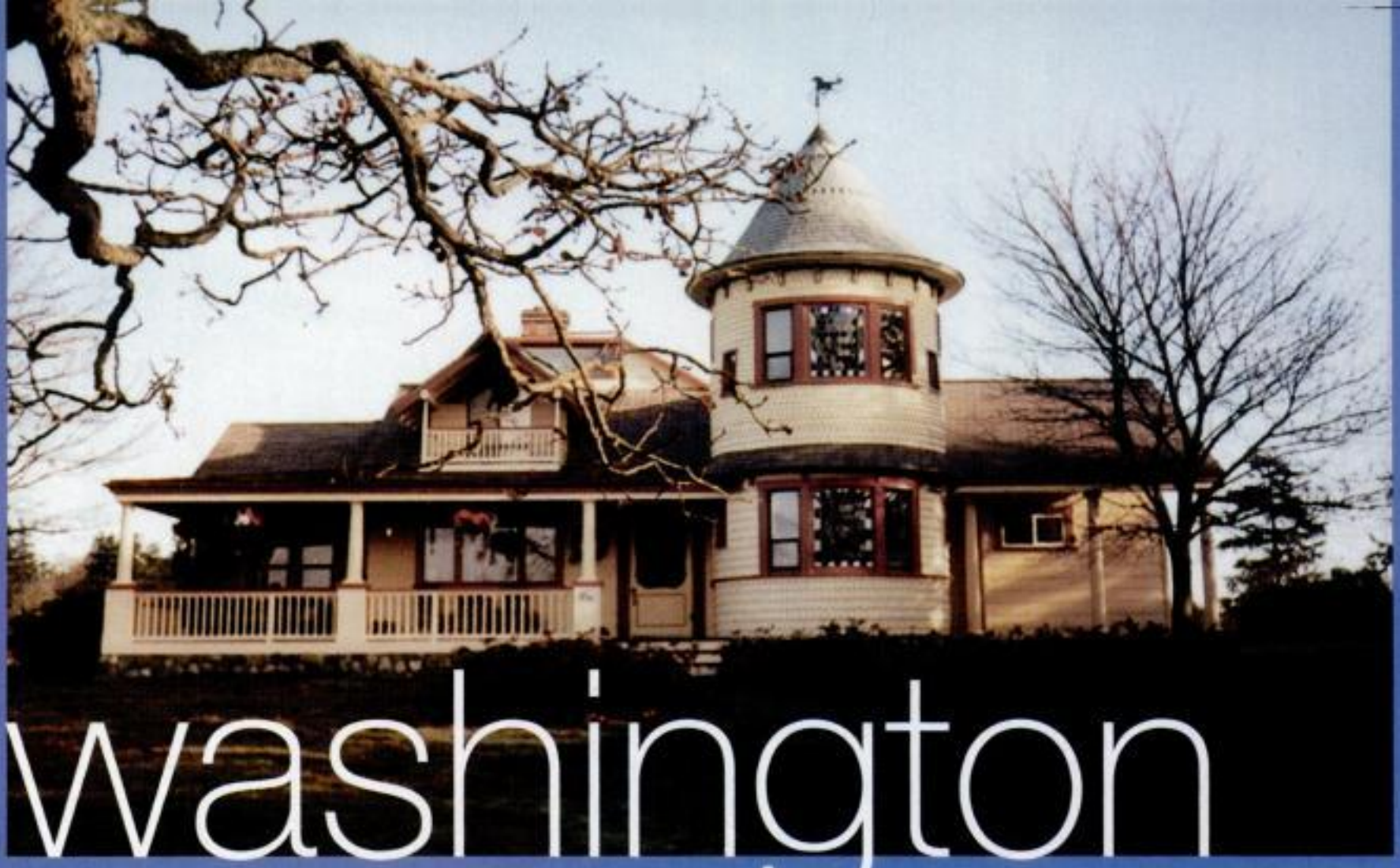


washington

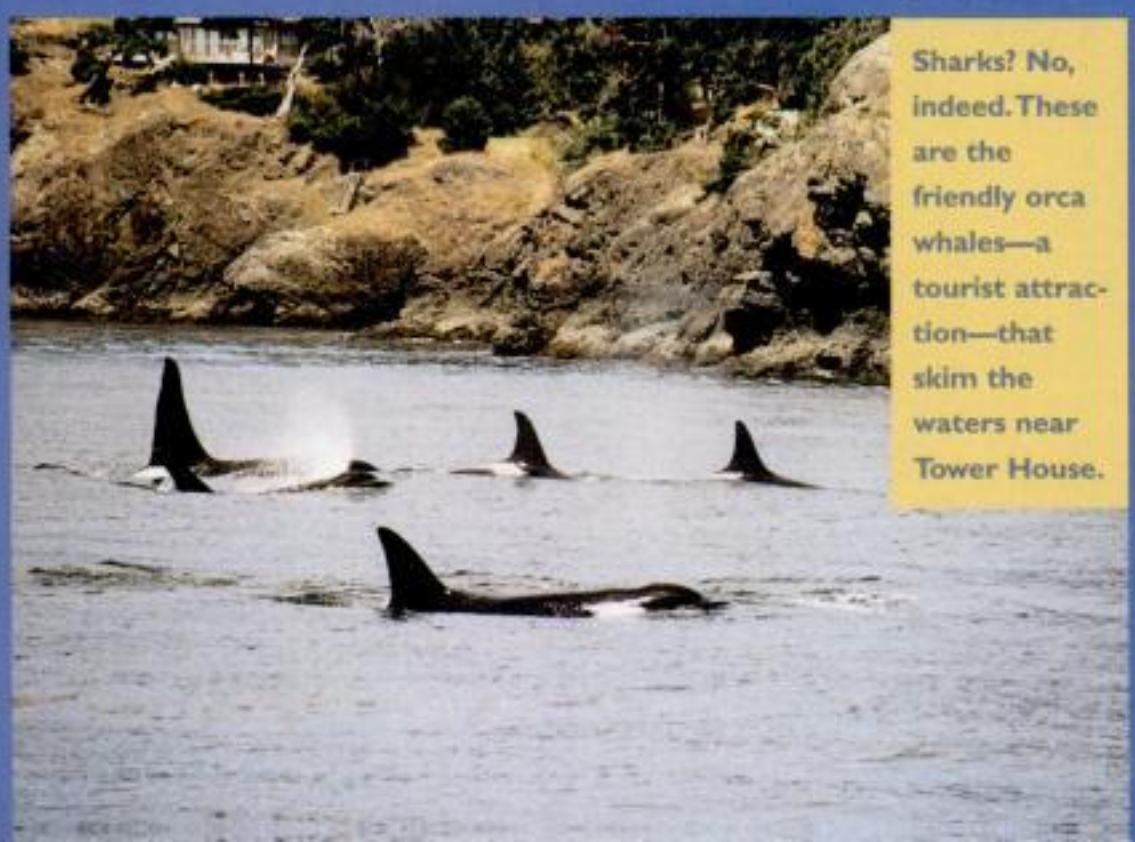
Tower House Bed and Breakfast San Juan Island, Washington

Strangers were constantly knocking at the door of Chris and Joe Luma's home that overlooks the San Juan valley because they wanted to know if it was a B&B. Their answer was always "no." Finally, the Lumas decided to say "yes" and opened a romantic Queen Anne style B&B in their home. Not surprisingly, since the Lumas are vegetarians, they decided that a vegetarian B&B was definitely a niche market and one where they could promote this style of eating. Also, they felt that creating a more elaborate ambience with garnished, full breakfasts served on fine china with silver, crystal and antique linens would appeal to a wider audience.

When asked if guests are mostly vegetarians or vegans, Joe Luma laughs. "Sometimes non-vegetarian spouses or significant others are reluctant to come. One guest, ignorant of this type of diet, asked if we served anything besides lentils!" He observes, "Non-veggie guests don't even realize it's vegetarian because the dishes are delicious."

Luma, raised on a farm, witnessed the horror of the slaughterhouse; he also saw his pets slaughtered. Not surprisingly, he became a vegetarian and abhors the killing of animals. Someone once asked if he'd shoot an animal if his life were endangered. His response: "If the cow started shooting, perhaps I'd shoot back."

The Lumas, proud of their breakfast cuisine, guarantee vegan and gluten-free guests a scrumptious full breakfast that is low-fat, low-cholesterol, not overly sweet, yet healthful and tasty. "We not only alternate the menus so you get a change each day, but we even change the table settings."



Sharks? No, indeed. These are the friendly orca whales—a tourist attraction—that skim the waters near Tower House.

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San Juan Island
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Napoleons with Red Peppers, Asparagus, Feta and Red Pepper Sauce

SERVES 4

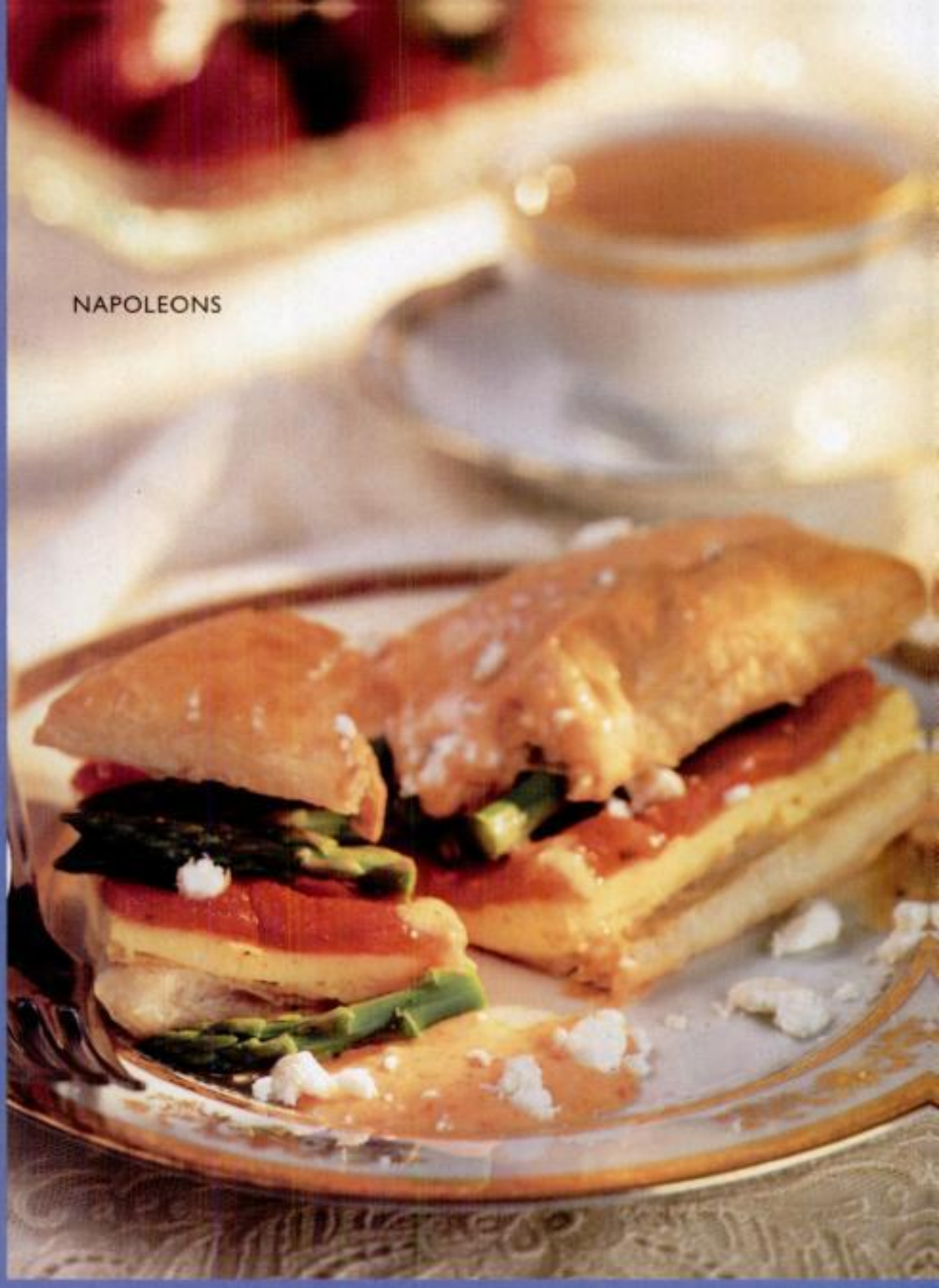
This dish makes an elegant breakfast or brunch centerpiece. You can make this recipe vegan by using firm slices of baked tofu instead of eggs in the Napoleon filling and by substituting crumbled vegan cheese for the feta.

Napoleons

- 1 sheet frozen puff pastry, partially thawed
- 16 slender asparagus spears, trimmed to 5-inch lengths
- 6 large eggs
- 1 4-oz. pkg. crumbled feta cheese or crumbled vegan cheese

Red Pepper Sauce

- 1 13¾-oz. can water-packed roasted red peppers, or 2 roasted red peppers
- 1¼ cups nonfat milk or soymilk
- 2 Tbs. unsalted butter or soy margarine
- 2 Tbs. all-purpose flour
- ½ tsp. seasoning salt, or to taste
- ½ tsp. freshly ground black pepper, or to taste



1. Preheat oven to 375F. Spray a baking sheet with nonstick cooking spray.

2. To make the Napoleons: Open the puff pastry sheet out flat, and slice it in half across the 3 fold lines. Cut the halved sheet into 3 strips along the fold lines for a total of 6 pastry rectangles. Reserve 2 of the rectangles for another use. Place the remaining 4 pastry pieces on the baking sheet, and bake for 15 minutes. Remove from the oven, and set aside.

3. Meanwhile, to make the Red Pepper Sauce: Rinse the 2 roasted peppers, cut 4 strips to the size of the pastry pieces and set aside. Put the remaining red peppers into a blender or food processor with ½ cup milk or soymilk, and purée until smooth.

4. Melt the butter in a saucepan over medium heat, and stir in the flour until well blended. Add the remaining milk, and continue cooking until the mixture starts to boil. Reduce the heat to low, and stir in the puréed peppers, salt and pepper. Stir occasionally until ready to serve.

5. Steam the asparagus spears until tender, for about 5 minutes. Set aside.

6. Spray a 10-inch skillet with nonstick cooking spray, and heat over medium heat. Beat the eggs, stir into the skillet and cook until set, lifting the edges so any uncooked eggs run underneath. Turn the cooked eggs out onto a large plate, and slice the eggs into 4 uniform rectangles to layer on the pastry. Reserve any remaining cooked egg for another use.

7. To assemble the Napoleons: Cut each piece of baked pastry in half lengthwise. Layer an egg rectangle, 1 tablespoon of cheese, 1 rectangle of roasted pepper and 4 asparagus spears onto one-half of the pastry, and top with the remaining piece of pastry. Repeat until all ingredients are used up.

8. Bake for 7 to 10 minutes, or until heated through. Remove from the oven, and place on individual serving plates. Top with about ¼ cup of the Red Pepper Sauce, and sprinkle each serving with equal amounts of remaining feta cheese. Serve hot.

PER SERVING: 660 CAL; 22G PROT; 43G TOTAL FAT (14G SAT. FAT); 43G CARB; 360MG CHOL; 940MG SOD; 2G FIBER; 9G SUGARS

Wine Suggestions

What better way to toast the morning but with a crystal flute of a chilled vintage Champagne such as one from Moët & Chandon?

virginia

The White Pig Bed and Breakfast Schuyler, Virginia

Very few clothing designers in Manhattan give up their careers because they want to raise a pig. Yet, for Dina Brigish, a white pig called Norman changed her life. Wanting to live in the country and rescue animals, she and husband, Hal, moved 3 years ago to the scenic town of Schuyler, which was also the inspiration for the television series *The Waltons*.

As a vegetarian for over 20 years and a vegan for 9, Brigish determined that a vegan bed and breakfast is a niche market that's greatly ignored. "I was treated like a second-class citizen when I traveled. I knew this would work because it's a developing market. With health-conscious folks looking for healthful alternatives, they will go where they feel welcome."

Although the spouse or significant other might not be a vegetarian, Brigish says they are sometimes keen to try meatless and dairy-free dishes. "Often, they are astonished that they never miss the meat because they so enjoy our meals."

This is one reason that she wants to educate the public that a plant-based diet can be delicious, and that eggs and dairy are unnecessary. Also, her recipes are not "home-style" but gourmet. Moreover, she introduces her guests to pigs (the inn is named after the eldest of their four miniature pot-bellied pigs). "They have lots to offer because they are so intelligent. The White Pig is an ambassador who shows that pigs are more than food." To further that belief, she is renovating a child/pet-friendly cabin and writing a cookbook about pigs, inns and farms.

Dina Brigish takes time to relax between duties supervising the kitchen and caring for her four miniature pot-bellied pigs.

The White Pig
Bed and Breakfast
At Briar Creek Road
5120 Irish Road
Schuyler, VA 22969
Phone: 434-831-1416
www.thewhitepig.com

Материал, защищенный авторским правом

BREAKFAST CASSEROLE

Breakfast Casserole

SERVES 4

Make this luscious dish the night before you plan to serve it.

3 Tbs. olive oil
¼ cup diced onions
1 to 2 large russet potatoes, cleaned and cubed
1 tsp. dried parsley
¾ green bell pepper, stemmed, seeded and chopped
½ cup diced zucchini
½ cup diced summer squash
¾ cup diced tomatoes
1 lb. extra-firm tofu
½ cup soymilk
2 Tbs. egg replacer
1½ tsp. agar flakes
1 tsp. salt
⅛ tsp. ground turmeric
2 slices vegan cheddar cheese
1 Tbs. mellow miso

1. Preheat the oven to 375F. Lightly oil 4 16-ounce ovenproof casseroles or baking dishes, and set aside.
2. Heat the oil in a large skillet over medium heat, and sauté the onions for about 2 minutes, or until softened. Add the potatoes and parsley, and sauté for 3 to 4 minutes more. Add the green pepper, zucchini and summer squash, and sauté until just wilted. Add the tomatoes, and cook until warmed through. Remove from the heat, and set aside.
3. Put the remaining ingredients into a food processor, and purée until smooth. Fold together the vegetables and the tofu mixture. Spoon into the casseroles.
4. Bake for 35 to 45 minutes. Remove from the oven, and cool. Cover, and refrigerate overnight to allow agar to set properly.
5. Reheat the oven to 375F in the morning, and bake, covered, for 45 minutes. Serve hot.

PER SERVING: 320 CAL; 16G PROT; 15G TOTAL FAT (2G SAT. FAT); 31G CARB; 0MG CHOL; 990MG SOD; 3G FIBER; 8G SUGARS

Материал, защищенный авторским правом

arizona

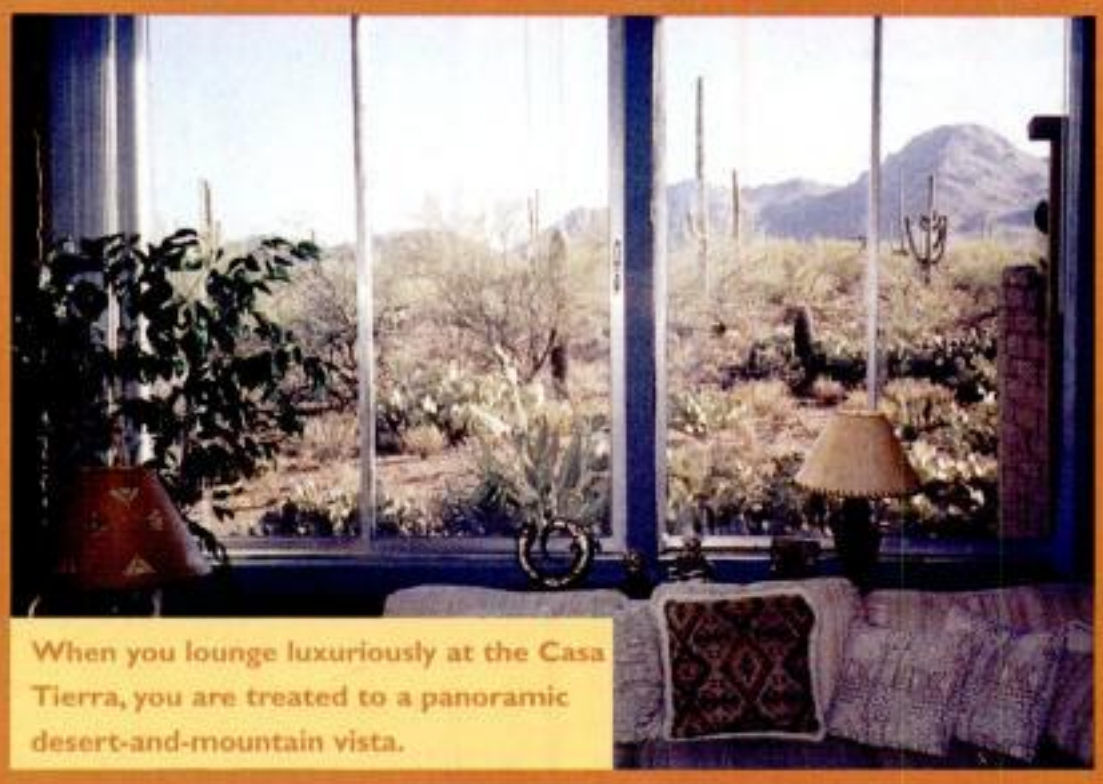
Casa Tierra
Tucson, Arizona

Thirty years ago, Barb and Dave Malmquist romanticized about owning an upscale B&B. And when a corporate buyout changed their lives, they turned their dream into a reality by renovating an all-adobe home with courtyards and archways set on five acres in the Sonoran desert. As part of their purchase deal, the Malmquists assured the former owners that their Casa Tierra would remain a vegetarian bed and breakfast.

Taking over the kitchen responsibilities, Mrs. Malmquist challenged herself to develop new and varied recipes. First, she used only egg whites for extra protein, and she used low-fat dairy products to reduce fat and cholesterol intake. As it turned out, her culinary creations were pleasing to both the eye and the palate, and her dishes astonished the guests who couldn't believe that they were eating such healthful yet such elegant food. After that first season, the Malmquists knew they had found their niche.

While the guests come for relaxation, Mrs. Malmquist remarks, "Their arteries are also getting a rest!" She adjusts the menu for vegans and others on restricted diets, including diabetics, lactose intolerants and those with food allergies. "Also," she says, "our Jewish clientele appreciates our meals since our breakfast recipes satisfy most of their dietary restrictions."

She plans to write a cookbook illustrated with pen-and-ink drawings. But in the meantime, she indulges her artistic tendencies by serving a full three-course gourmet vegetarian breakfast in a dining room that overlooks the lush Sonoran desert, in the central courtyard of the picturesque B&B or in the privacy of one's own patio. Mrs. Malmquist says, "Serving the best and healthiest vegetarian food will always be my work in progress."



When you lounge luxuriously at the Casa Tierra, you are treated to a panoramic desert-and-mountain vista.

Casa Tierra
11155 West Calle Pima
Tucson, AZ 85743
Toll-Free: 866-254-0006
Phone: 520-578-3058
Email: info@casatierratucson.com
www.casatierratucson.com

Casa Tierra Stuffed French Toast

SERVES 8

When thinking of a way to jazz up everyday French toast, Mrs. Malmquist incorporated the concept of cream cheese-and-jelly sandwiches, a childhood treat. She added prickly pear cacti, which grow all around Casa Tierra, but fresh raspberries and raspberry syrup or jam are equally delicious. For best results, soak the bread overnight before baking.

8 oz. light cream cheese, at room temperature
1 loaf day-old country-style French bread, cut into 16 thick slices
1 6-oz. jar of prickly pear marmalade, or 6 oz. orange marmalade or fruit-based jelly
1 cup fat-free French vanilla coffee creamer
32 oz. egg substitute, or 12 large eggs
1 tsp. vanilla extract
Prickly pear syrup or other fruit syrup for garnish
Confectioners' sugar for sprinkling

1. Spread the cream cheese evenly on 2 slices of bread. Place 1 teaspoon marmalade on one side, and make a sandwich. Repeat until bread is used up. Spray a 9x13-inch baking pan with nonstick cooking spray, and place the 8 sandwiches in it.
2. Put the coffee creamer, egg whites and vanilla extract into a blender, and purée. Pour the mixture over the bread slices, turning to coat the slices evenly.
3. Preheat the oven to 350F.
4. Bake on the center rack for about 1 hour. For the last 5 minutes of baking, remove the foil to brown the tops. Drizzle individual plates with syrup. Place the French toast in the center of the plate, and sprinkle with confectioners' sugar. Serve with additional syrup if desired.

PER SERVING: 360 CAL; 20G PROT; 4G TOTAL FAT (2G SAT. FAT); 56G CARB; 10MG CHOL; 650MG SOD; 2G FIBER; 22G SUGARS

CASA TIERRA STUFFED FRENCH TOAST

Материал защищенный авторским

italy's other great cuisine

YOU DON'T HAVE TO TRAVEL TO NORTHERN ITALY TO SAMPLE THE TEMPTING FOOD OF TRIESTE—BUT AFTER ONE TASTE, YOU MAY WANT TO!

By Cynthia Glover
Food Photography by Renée Comet
Styling by Lisa Cherkasky

Who would guess that in Italy you would find yourself eating a local dish of goulash copiously spiked with paprika, or a bean soup fortified with sauerkraut? Paprika? Sauerkraut? These don't sound like Italian ingredients. And yet they are staples in Trieste, capital of Friuli-Venezia Giulia, the northeastern-most region of Italy.

It is only when you learn something of this area's geography and history that the cuisine begins to make sense. Trieste sits on a tiny spit of land, squashed between Slovenia and the Adriatic Sea, with Austria directly north. Founded by Julius Caesar, Trieste has at various times been ruled by Goths, Turks, Venetians, the Hapsburgs of Austria, the French, Nazis and also Yugoslavia. It was only in 1954, after centuries of being claimed by various nations, that the city Trieste was officially restored to Italy.

Each occupying force left its mark. Round any corner while taking a walking tour of the city and you'll suddenly feel like you're in Prague or Vienna—or perhaps even in Florence. Listen to the people, and you'll hear the rounded vowels of Italian modulated by the thicker, multiconsonant tones of Eastern Europe.

This most cosmopolitan of Italian cities is a melting pot, and nowhere is that more evident than at the table. The region's signature soup, *jota*, is an excellent example. ▶

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ROASTED POTATOES and ASPARAGUS with AJVAR

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sugar, oregano, salt and pepper. Continue whisking while adding the olive oil in a steady stream, and beat until well blended. Whisk again just before serving.

2. To make the Mixed Greens Salad: Put the greens into a large salad bowl, and toss with 6 tablespoons Lemon-Oregano Vinaigrette. Arrange the greens on 6 individual plates. Toss the green apple slices with 2 tablespoons vinaigrette, and divide among the plates, arranging them in fans on one side of the plate. Divide the toasted walnuts among the plates, placing them in a strip down the middle. Crack each *frico* in half, and nestle the halves among the greens in a fan shape. Serve.

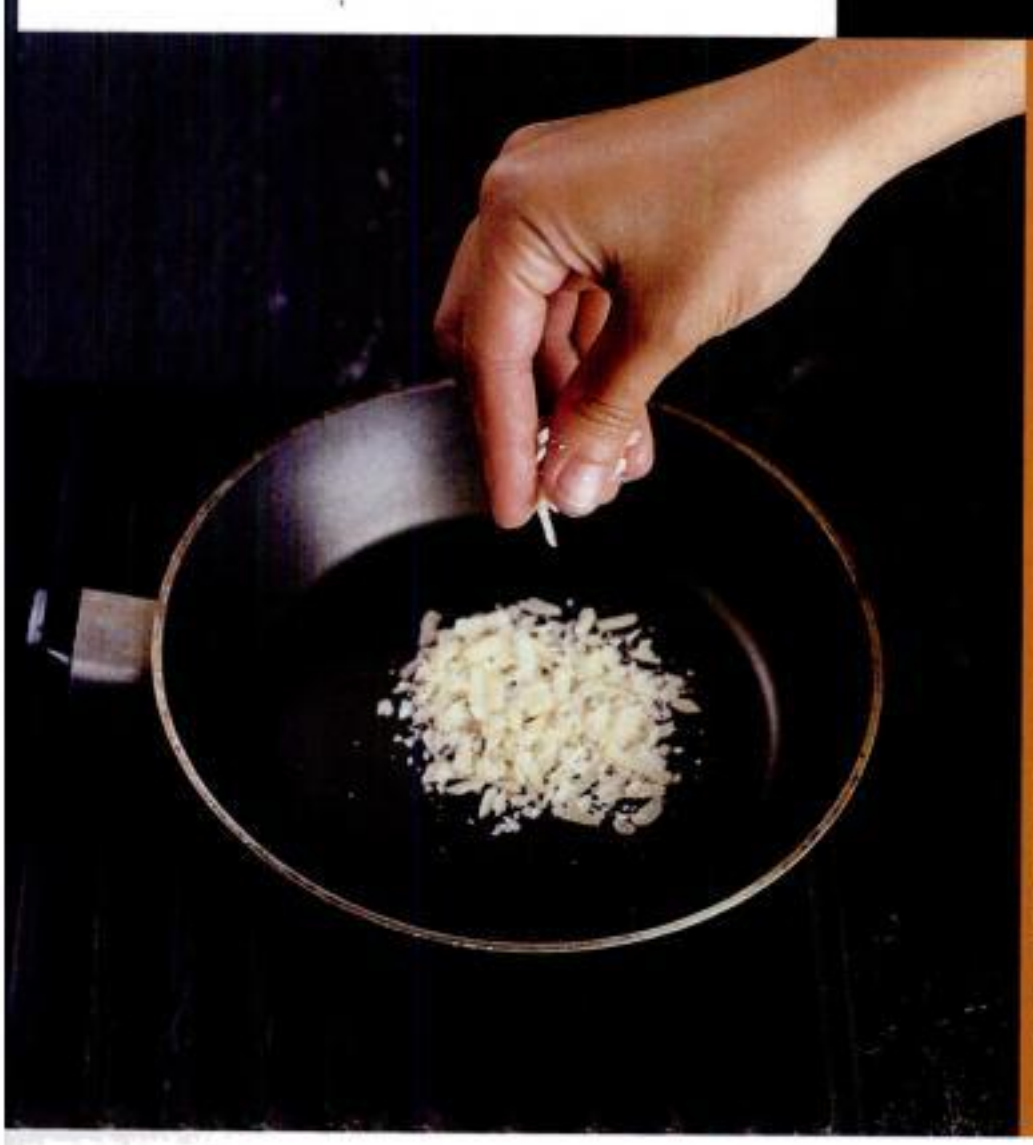
Frico

MAKES 6 CRISPS

The backbone of a good *frico* is Montasio cheese, a mild cow's milk cheese that makes the crispest *frico*. If you can't find Montasio, substitute high-quality Parmigiano-Reggiano cheese instead.

6 Tbs. shredded Montasio or Parmigiano-Reggiano cheese

MIXED GREENS with APPLES, WALNUTS and FRICO GARNISH



At first glance, making *frico* may seem complex, but it is actually very simple. Many classic recipes suggest cooking the grated cheese in a wash of olive oil or butter, but using a nonstick skillet and spraying it with nonstick cooking spray works just as well. Be sure the skillet is hot enough to melt and cook the cheese quickly. Watch carefully so that the cheese does not burn. The *frico* will hold together if you cool it slightly before removing it with a spatula.

1. Heat a nonstick skillet over medium heat. Spray with nonstick cooking spray. Sprinkle 1 tablespoon shredded cheese onto the skillet in a 3-inch circle. Repeat with more cheese circles as space allows.

2. Cook the shredded cheese until all particles melt and the disk starts to brown, for about 4 minutes. Remove the skillet from the heat, and allow the disks to cool slightly and to firm. Carefully slide each disk from the skillet, and set aside on a flat surface to cool completely. Repeat until all the cheese is used up, spraying the skillet as needed to prevent sticking.

PER SERVING: 220 CAL; 6G PROT; 19G TOTAL FAT (3.5G SAT. FAT); 9G CARB; 5MG CHOL; 135MG SOD; 2G FIBER; 6G SUGARS

Wine Suggestions

This salad calls for a zesty white such as the Loimer Gruner Veltliner from Austria. You'll get a refreshing kick of apple from this white wine—great to sip and to partner with this salad.

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Butternut Squash Gnocchi

SERVES 6

Gnocchi take many forms in Friuli-Venezia Giulia. These free-form squash gnocchi couldn't be easier to make or more colorful. *Ricotta salata*, a grateable sheep's milk cheese, is terrific on top. Look for it in the specialty cheese section of well-stocked supermarkets. A popular alternative is to add finely chopped spinach to the dough. This recipe makes about 40 gnocchi.

2 lb. butternut squash, split lengthwise and seeded (2 cups cooked purée)
2 large eggs, lightly beaten
½ tsp. ground nutmeg
½ tsp. salt
Freshly ground black pepper to taste
2 to 2 ¾ cups flour, as needed
5 Tbs. unsalted butter
2 Tbs. olive oil
1 clove garlic, lightly crushed
12 fresh sage leaves, torn
½ cup grated *ricotta salata*

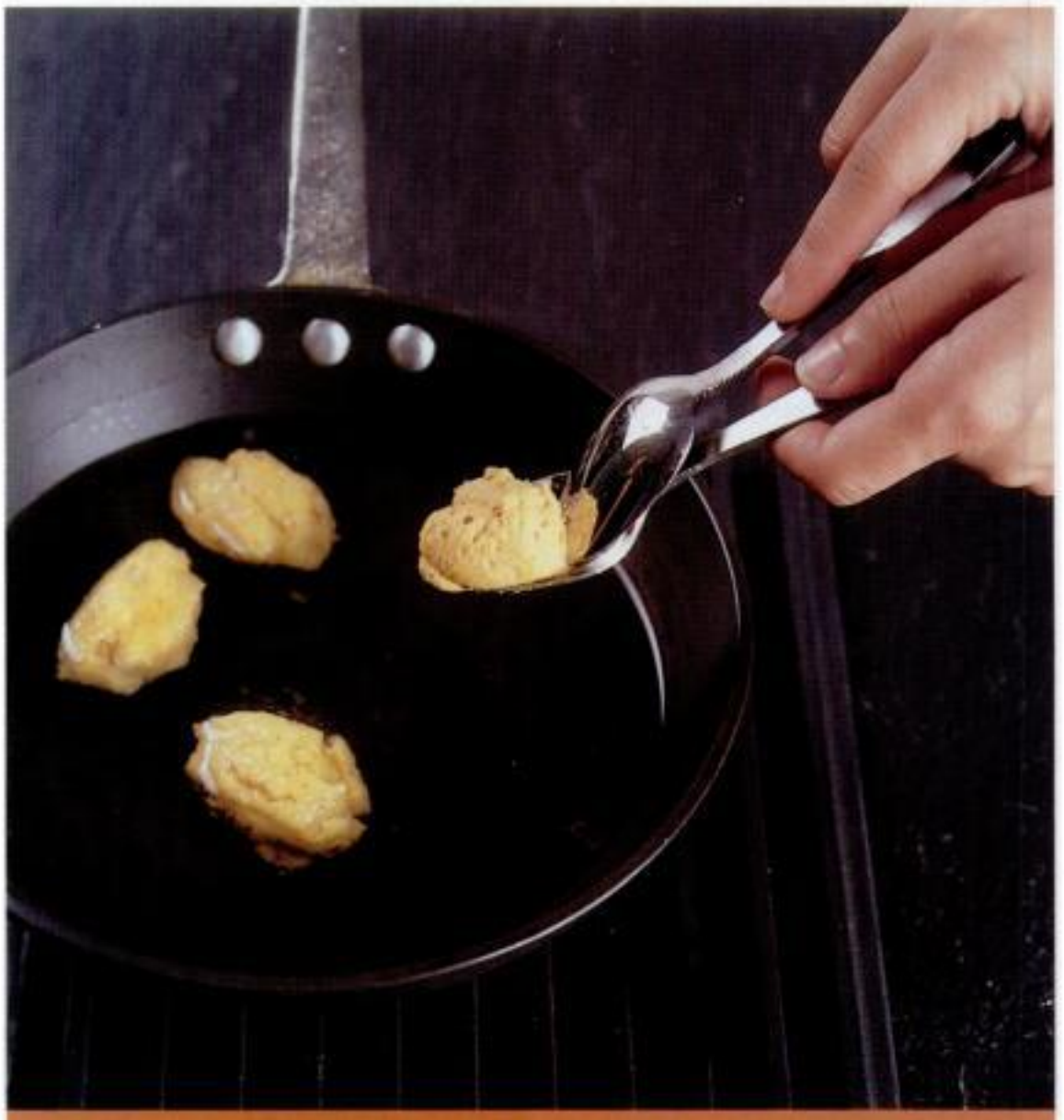
1. Preheat the oven to 350F. Line a baking sheet with foil.

2. Place the squash cut side down on the baking sheet. Bake for 1 hour, or until very tender, and set aside to cool. Reduce the oven temperature to 200F.

3. When the squash is cool enough to handle, using a large spoon, scoop the flesh into a sieve over a bowl, discarding the skin. If time permits, let it drain for a few hours in the refrigerator.

4. Push the squash flesh through the sieve into a mixing bowl. Add the eggs, nutmeg, salt and pepper, and stir until well combined. Stir in the flour, ½ cup at a time, until the dough is soft and moist, but not too sticky. Adjust the amount of flour as necessary to keep the dough from becoming too sticky to handle easily.

5. To make the sauce, melt the butter with the olive oil and garlic clove in a small saucepan over lowest heat. Add the torn sage leaves and salt and pepper to taste. Keep the mixture warm; don't let it scorch. Stir it when the leaves settle to the bottom.



These unusual gnocchi require special handling. Instead of dropping the already-formed dumplings into gently boiling water, you shape these as you spoon them into the cookpot. After sinking, they will bob to the surface.

6. To make the gnocchi, bring a large pot of lightly salted water to a boil over high heat, then reduce the heat to medium. Place a platter in the warm oven.

7. Using 2 teaspoons, scoop up a walnut-sized ball of dough with 1 teaspoon, and gently scrape it into the simmering water with the other. Continue dropping in the batter until you have 8 or so in the pot.

8. When the gnocchi rise to the surface, set the timer for 4 minutes, and continue cooking the gnocchi. At the end of 4 minutes, or when the gnocchi feel firm throughout, remove the gnocchi with a slotted spoon, and place them on the warm platter in the oven. Drizzle them lightly with sage butter.

9. Continue making gnocchi in batches, drizzling each addition to the platter with sage butter. Toss gently before serving, and sprinkle with grated *ricotta salata* and a few grindings of pepper. Serve immediately.

PER SERVING: 420 CAL; 11G PROT; 20G TOTAL FAT (9G SAT. FAT); 52G CARB; 105MG CHOL; 400MG SOD; 4G FIBER; 3G SUGARS

Wine Suggestions

The slightly nutty-tasting squash, touched with a bit of nutmeg, and its mouthwatering sage topping calls for a lush white to fully appreciate all the flavors of the dish. A California Gewürztraminer from Deloach or Meridian vineyards would be perfect.

Knowing Gnocchi

Uniquely Italian, the pasta dumplings known as gnocchi—the word means "dumpling" in Italian—are traditionally made with mashed potatoes, and less often, from flour. Cooks may enrich their dumplings with eggs and/or cheese. The end result? A delicate and delicious treat.

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BUTTERNUT SQUASH GNOCCHI

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Trieste-Style Bean and Sauerkraut Soup

SERVES 8

Called *jota*, this thick, hearty soup is perfect for warming body and soul during the first cold snap. In this version, mushrooms stand in for the traditional Italian bacon, or *pancetta*, providing a rich undercurrent of flavor without meat or added fat. The soup will taste even better after an overnight rest in the refrigerator. Reheat it gently. Don't neglect to rinse the sauerkraut well or the soup will taste too salty.

1½ cups dried beans, such as borlotti, cranberry, romano or pinto beans (or 4½ cups pre-cooked or canned beans)
4 bay leaves
1 lb. russet or Idaho potatoes, peeled and diced
3 Tbs. olive oil
1½ cups diced yellow onions
5 cloves garlic, minced
¾ lb. sauerkraut, well rinsed
1 Tbs. Hungarian sweet paprika
½ tsp. caraway seeds
4 oz. cremini or baby portobello mushrooms, finely chopped
2 tsp. red wine vinegar
¼ cup chopped parsley

1. Soak the beans for 12 hours in water to cover by 4 inches. Refrigerate so they do not ferment. Or pour boiling water over the beans to cover by 3 inches, and allow to stand for at least 1 hour, or until the beans swell to twice their size. Drain well. Omit this step if using canned beans.
2. Place the beans, bay leaves and 2½ quarts cold water in a soup pot over high heat. Bring to a boil, reduce the heat to low and cook for 30 minutes. Add the potatoes, and continue cooking for 30 minutes more. Remove the bay leaves, and discard them. Mash the beans and potatoes well with a potato masher.
3. Meanwhile, heat 1 tablespoon olive oil in a skillet over medium heat. Sauté the onions for 10 minutes, or until golden brown. Add the garlic, and sauté for about 5 minutes more, or until golden brown. Scrape the onion-garlic mixture into the soup pot, and continue cooking.
4. Wipe out the skillet, add 1 tablespoon olive oil and heat over medium heat. Add the sauerkraut, paprika and caraway seeds. Stir until well combined, and cook until heated through, for about 5 minutes. Add the mixture to the soup pot.
5. Wipe out the skillet, add the remaining 1 tablespoon olive oil and heat over medium-high heat. Add the mushrooms, and sauté until the mushroom juices evaporate, for about 5 minutes. Add the vinegar and parsley, and stir to combine. Scrape the mushrooms into the soup pot.
6. Cook the soup for 15 minutes more over medium-low heat, and thin to a souplike consistency with some vegetable stock, if needed, before serving.

PER SERVING: 250 CAL; 11G PROT; 6G TOTAL FAT (1G SAT. FAT); 40G CARB; 0MG CHOL; 120MG SOD; 12G FIBER; 3G SUGARS

Popular Polenta

Italy's—and Trieste's—answer to the comfort of mashed potatoes is polenta, a kind of cornmeal mush that acts as a base for sauces or vegetables. Polenta is the same as yellow corn grits, but a finer-ground cornmeal works and is also traditional.

Polenta can be served warm after just a short rest in a bowl or on a platter. It can also be poured into a greased loaf pan for slicing later, or poured onto a shallow tray to cool for cutting with a knife or cookie cutter. Cold polenta can then be brushed with olive oil and grilled, or it can be pan-fried in olive oil. Serve plain grilled slices as a side dish, or use them as the foundation for cooked vegetables such as braised spinach with cheese or a fava bean stew.

There are two keys to making successful polenta: a heavy wide pot such as a 5-quart cast-iron Dutch oven and the ability to stir indefatigably. The pan depth is important because polenta bubbles volcanically as it cooks, and it's safer to keep the eruptions in the pan and not on your arm. You need to stir often during the 25-minute cooking period and to beat the polenta until glossy in the last 5 minutes, which brings out the full flavor of the corn.

Basic Polenta

If you are serving polenta immediately, pour it into a serving dish, and top it with a shower of freshly grated Parmigiano-Reggiano cheese and a drizzle of extra virgin olive oil. Almost any pasta sauce works well poured over it, as does a dressing of flavorful, slow-cooked mushrooms or sautéed greens and garlic.

If you are making the polenta to grill or pan-fry later, pour the polenta into a greased loaf pan or a shallow baking dish to cool. Once it is cool, cut it into pieces, and grill or pan-fry it as desired. Serve at once as a side dish or beneath cooked vegetables.

The following recipe is adapted from *The Flavor of Olive Oil* by Deborah Krasner.

6 cups cold water
1 tsp. sea salt
2 cups polenta or yellow corn grits

1. Measure the water into a heavy 5-quart casserole, add the salt and slowly whisk in the corn grits. Set the heat to high, and stir occasionally as the water comes to a boil. As the polenta begins to boil, set a timer for 25 minutes. Reduce the heat to medium-low so that the polenta boils slowly with eruptions every minute. Stir often to keep the polenta from sticking.
2. When the polenta is thick enough for a wooden spoon to stand up by itself, stir it vigorously for 3 to 5 minutes until glossy.

PER SERVING: 210 CAL; 5G PROT; 0G TOTAL FAT (0G SAT. FAT); 48G CARB; 0MG CHOL; 380MG SOD; 5G FIBER; 0G SUGARS

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Tocai Friulano-Poached Pears

SERVES 6

The most beloved white wine of Friuli-Venezia Giulia is Tocai Friulano (not to be confused with the Hungarian Tokay, made from a completely different grape). The aroma of Tocai is often herbal, sometimes nutty, with a whisper of fresh peaches. When using it as a poaching liquid for ripe, juicy pears, a touch of honey complements the wine. Cooking time will vary according to the ripeness of the pears. If you can't find Tocai—which is readily available at most wine stores—a fragrant Italian Pinot Grigio or Sauvignon Blanc will do nicely.

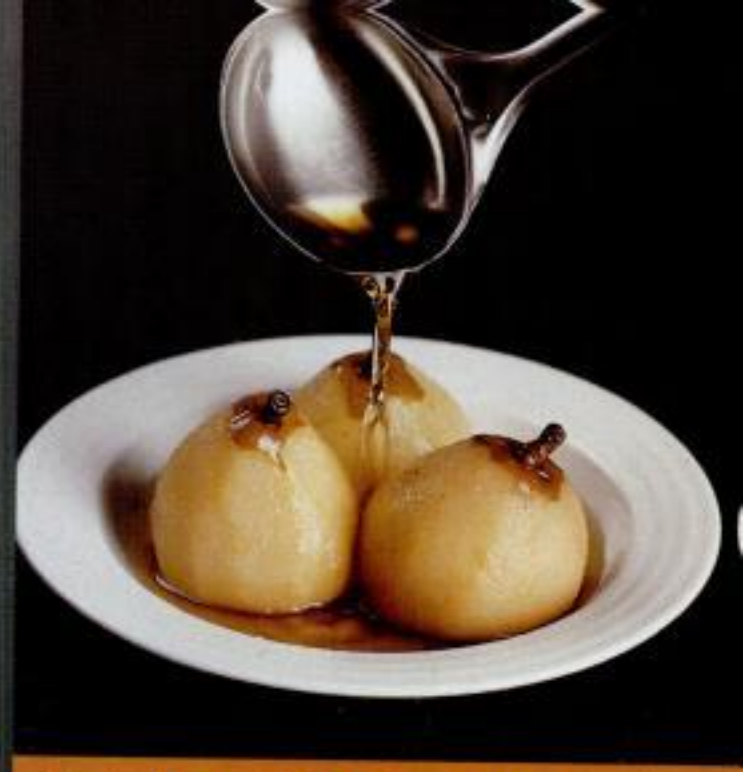
1 bottle Tocai Friulano wine
2 Tbs. mild honey
5 Tbs. granulated sugar
4 1x3-inch sections orange zest, slivered lengthwise
2 1x3-inch sections lemon zest, slivered lengthwise
1 cinnamon stick
2 whole cloves
6 very firm Anjou or other firm pears
Whipped cream, optional

1. Combine the wine, honey, sugar, zests, cinnamon and cloves in a deep saucepan large enough to hold the pears in a single layer. Bring to a boil over medium-high heat, then reduce the heat to low.

2. Core the pears from the bottom using an apple corer. Peel them, leaving the stems intact. Place the pears in the poaching liquid, and partially cover the saucepan. Cook gently for 20 to 30 minutes, turning them once or twice, until the pears are tender when pierced with a toothpick.

3. Remove the pears to a serving bowl, and increase the heat to medium high. Boil the liquid, uncovered, until it is golden and reduced by one-half. Pour the liquid over the pears, and serve warm or at room temperature with a dollop of whipped cream on each serving, if desired.

PER SERVING: 270 CAL; 1G PROT; 0G TOTAL FAT (0G SAT. FAT); 51G CARB; 0MG CHOL; 10MG SOD; 7G FIBER; 37G SUGARS



Perched in a serving bowl, these upright pears receive a final flavor boost from the wine syrup.

TOCAI FRIULANO-POACHED PEAR

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Cutting-Edge Cuisine

The third installment of 2004's Cutting-Edge Cuisine travels to the Twin Cities for Midwest hospitality and seasonally hearty dishes.

Just outside the progressive metropolis of Minneapolis/St. Paul, the Le Cordon Bleu Culinary Program at Brown College stands as a modern facility backed by a historic foundation. Located in Mendota Heights, Minnesota, the school boasts the distinction of being the first Le Cordon Bleu program in the United States. The partnership has since produced eleven other US locations that feature the acclaimed French teaching method.

At Brown College, the program offers a comprehensive culinary education including the opportunity for students to gain experience in the operation of a full-service, fine-dining restaurant called The Minnesota Room. Associate degrees in Culinary Arts and Patisserie & Baking Arts provide students with the knowledge and skills they need to succeed in the restaurant and hospitality industries as well as a diverse range of food service careers. Upon graduation, students also receive the coveted Le Cordon Bleu Culinary Diploma, which helps open doorways to elite career paths.

The following recipes are the result of Brown's Chef Instructor Steven Shapley, who held an informal contest in which the participating students used sets of the ingredients to create recipes. The winning recipes were then prepared and photographed for this section.

For more information on Brown College, please call 1-800-528-4575 or visit www.brownculinary.com.

Fresh Summer Vegetable Marinara

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The Chefs

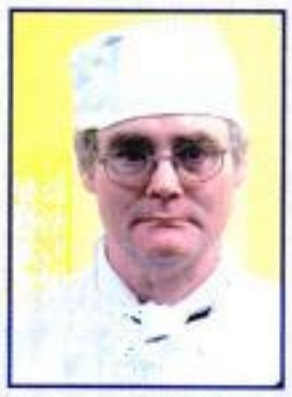
Chef Steven Shapley

Amy Theis

Keitley Jacobberger

Max Wilda

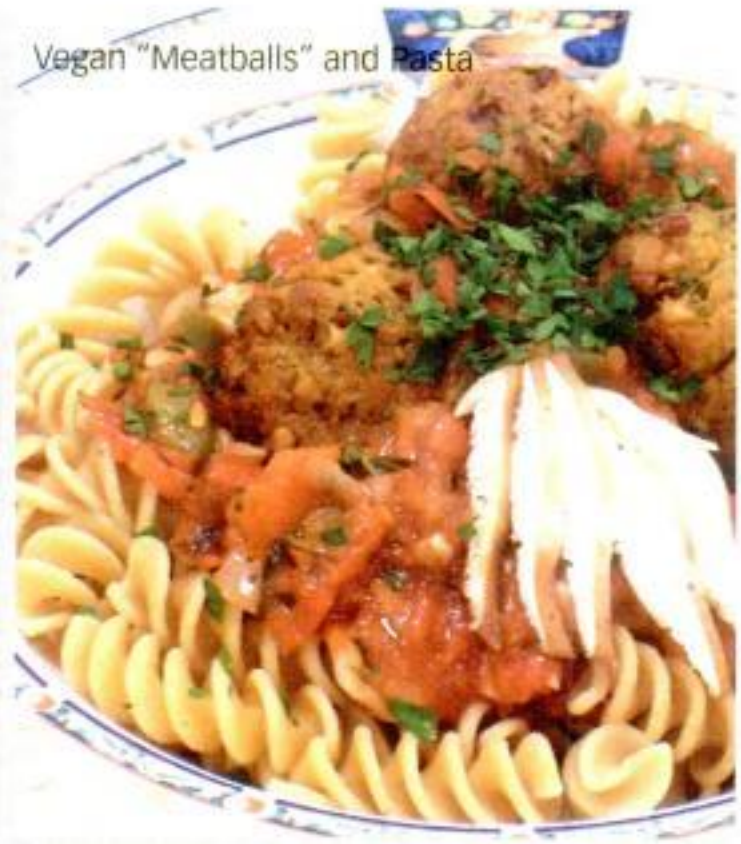
Myron Mortell



Thomas Wilda

Woodrow Duranske

VEGAN "MEATBALLS" AND PASTA



Serves 5

Pasta

1 12-oz. pkg. EDEN Organic Kamut® Spirals, prepared according to directions

Seasoned Croutons

4 to 5 slices PACIFIC BAKERY Kamut® Bread, cubed
Pinch kosher salt
Pinch white pepper
Pinch ground turmeric
Pinch ground cumin
3 Tbs. RAPUNZEL Extra Virgin Spanish Olive Oil

"Meatballs"

2 cups seasoned croutons (see recipe)
¼ cup minced shallots
1 clove garlic, minced
6 oz. NASOYA Garlic & Onion Seasoned Tofu, drained and squeezed
⅓ cup VITASOY Unsweetened Soy Milk
2 Tbs. EDEN Tamari Soy Sauce
1 tsp. minced fresh basil
1 ½ cups coarsely chopped pecans

Tomato Sauce

5 Tbs. RAPUNZEL Extra Virgin Spanish Olive Oil
1 cup diced onion
2 cloves garlic, minced
½ cup diced bell pepper
1 cup diced fresh shiitake mushrooms
2 10-oz. cans EDEN Organic Diced Tomatoes with Green Chilies, drained and liquid reserved
2 Tbs. chopped fresh basil
2 tsp. dried oregano
2 Tbs. chopped fresh parsley
2 tsp. FLORIDA CRYSTALS Organic Sugar
Kosher salt to taste
White pepper to taste

1. To make the Pasta: Bring a large saucepan of lightly salted water to a boil, and cook the pasta according to package directions. Drain, rinse, drain and set aside.

2. To make the Croutons: Toss the bread cubes in a large bowl with salt, white pepper, turmeric and cumin. Heat olive oil in a large sauté pan. Add the bread cubes, and toast them over low heat until lightly browned, tossing frequently.

3. Preheat the oven to 350F.

4. To make the "Meatballs": Put all the ingredients except the pecans into a food processor, and process until mostly blended. If the mixture is too crumbly, add some more soymilk until balls form, but not sticky to the touch. Add the nuts, and pulse briefly, just until mixed. Using your hands, form the mixture into golf-sized "meatballs," and place onto a baking sheet. Bake for 20 to 25 minutes, or until lightly browned.

5. To make the Tomato Sauce: Heat the oil in a large skillet over medium heat. Add the onion and garlic, and sauté until onion is translucent, about 5 minutes. Add the bell pepper, and cook just until soft. Add the mushrooms, and sauté for 1 to 2 minutes. Add the diced tomato with 2 to 3 ounces of the liquid, and add the remaining ingredients. Reduce the heat to medium-low, and cook slowly until thick, adding more of the reserved liquid as needed.

6. To serve, put equal amounts of pasta onto individual plates, and ladle the sauce over the pasta. Top with the "meatballs."

WINE SUGGESTION
FREY 2002 Organic Sangiovese

SPICY TOFU CURRY WITH COOL CUCUMBER SAUCE

Serves 4

Cucumber Sauce

1 cup seeded, peeled and diced cucumber
2 cups STONYFIELD FARM Organic Low Fat Plain Yogurt
1 Tbs. FLORIDA CRYSTALS Organic Sugar
Pinch kosher salt

Tofu Curry

1 2.1-oz. pkg. EDEN Dried Tofu
½ tsp. cayenne
¼ tsp. ground white pepper
½ tsp. kosher salt
1 Tbs. RAPUNZEL Extra Virgin Spanish Olive Oil
½ medium red bell pepper, julienned
½ medium green bell pepper, julienned
½ medium yellow squash, julienned
1 leek (white only), julienned
Sprigs of fresh basil, oregano, or thyme

1. To make the Cucumber Sauce: Mix all the ingredients, and chill.

2. To make the Tofu Curry: Soak the tofu in warm water to cover. Squeeze out excess water,

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cut into bite-sized pieces and toss with the cayenne, pepper and salt. Heat the oil in a large wok or skillet, and sauté the tofu. Remove tofu from the skillet. Sauté the vegetables, and stir in the tofu.

3. To serve, portion the Tofu Curry onto plates, top with the Cucumber Sauce and garnish with fresh herbs.

WINE SUGGESTION

FREY 2002 Organic Syrah

FRITTATA ROLL-UP ON SUMMER GREENS

Serves 4

Salad

4 cups mixed organic summer or baby greens
⅓ cup BOB's RED MILL Kamut®

Vinaigrette

1 ½ cups RAPUNZEL Organic Sunflower Seed Oil
½ cup organic white balsamic vinegar
⅓ cup FREY Organic Red Wine
1 Tbs. minced shallot
1 clove garlic, minced
Salt and freshly ground black pepper to taste

Frittata

3 large eggs
3 egg yolks
Pinch salt
¼ tsp. freshly ground black pepper
1 tsp. finely chopped fresh thyme leaves
1 Tbs. RAPUNZEL Extra Virgin Spanish Olive Oil
1 cup fresh baby peas, blanched and chilled
2 Tbs. STONYFIELD FARM Organic Plain Yogurt
8 oz. fontina cheese, grated

1. To make the Salad: Rinse and dry the greens, and chill until ready to use. Cook the Kamut according to package directions. Set aside.

2. To make the Vinaigrette: Combine all the ingredients in a mixing bowl. Stir one-half of the dressing into the hot Kamut, and chill.

3. Preheat the oven to 350F.

4. To make the Frittata: Beat the eggs, egg yolks, salt, pepper and thyme together in a mixing bowl, and set aside. Heat a 12-inch nonstick skillet over low heat. Add the oil, and heat it. Pour the egg mixture into the skillet, and sprinkle the peas evenly over top.

5. Transfer the pan to the oven, and bake for 5 to 7 minutes. The egg mixture should set but not brown. Remove the frittata from the oven, spread the top with the yogurt and sprinkle with fontina cheese. When cool enough to handle, roll the frittata tightly.

6. Meanwhile, toss the greens in enough of the remaining vinaigrette to coat. Place a small mound of greens on individual plates. Sprinkle half of the Kamut mixture over the greens. Cut the rolled frittata into 8 equal slices, and place the warm portions on the salad. Garnish with the remaining Kamut.

WINE SUGGESTION

FREY NV Organic Blush

FRESH SUMMER VEGETABLE MARINARA

Serves 4

1 Tbs. RAPUNZEL Extra Virgin Spanish Olive Oil
¼ cup diced carrot
¼ cup diced red onion
¼ cup diced yellow onion
¾ cup diced red bell pepper
1 clove garlic, chopped
1 10-oz. can EDEN Organic Diced Tomatoes with Green Chilies, undrained
⅓ cup EDEN Organic Tomato Purée
2 Tbs. FLORIDA CRYSTALS Organic Sugar
1 Tbs. kosher salt
1 tsp. cayenne
2 tsp. chopped thyme
1 tsp. finely chopped dill
1 14-oz. pkg. EDEN Organic Parsley Garlic Spaghetti
¼ cup grated Parmesan cheese for garnish
Fresh basil leaves for garnish

1. Heat the oil in a large saucepan over medium heat. Sauté the carrot, onions, bell pepper and garlic until onions turn translucent, about 5 minutes. Add the tomatoes with juice, the tomato purée, ¼ cup water, sugar, salt and spices. Reduce the heat to low, and cook for 15 to 20 minutes.

2. Meanwhile, bring a large saucepan of lightly salted water to a boil, and cook the pasta according to package directions. Drain, and put equal portions onto individual plates. Top with the sauce, and garnish with the cheese and basil.

WINE SUGGESTION

FREY Organic Red Table Wine NV

BONSAI CHERRY MOUSSE CUSTARD

Makes 5 ½-cup portions

1 cup BOB's RED MILL Kamut® Berries
4 cups water, for soaking
3 ⅓ cups water, for cooking
1 Tbs. grated fresh ginger
½ cup EDEN Organic Dried Cherries
1 ½ Tbs. tarragon vinegar
1 tsp. curry powder
½ cup EDEN Organic Tart Cherry Juice Concentrate
1 Tbs. arrowroot
1 cup heavy cream
2 Tbs. FLORIDA CRYSTALS Organic Sugar
3 Tbs. STONYFIELD FARM White Chocolate Raspberry Organic Yogurt
Kiwi slices, orange segments and strawberries for garnish

1. Soak the Kamut berries overnight. Drain, and transfer the berries to a saucepan. Add the 3½ cups of water and ginger. Bring to a boil over medium heat, and cook for 15 minutes. Remove from the heat, and let stand.

2. Meanwhile, put the dried cherries in a mixing bowl, and marinate in mixture of vinegar, curry powder, 2 tablespoons water, and cherry juice concentrate. Let stand for about 30 minutes. Drain the cherries, reserving marinade.

Frittata Roll-Up on Summer Greens

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3. Stir the arrowroot into the marinade, and pour mixture into a saucepan. Heat over medium heat until the mixture is thick and syrupy. Remove from the heat, and cool.
4. Whip the heavy cream to soft peaks. Slowly add the sugar, and continue whipping until stiff peaks form. In a separate bowl, whip the yogurt. Slowly fold whipped cream into yogurt. Chill.
5. Mix together Kamut berries and the cherries. Spoon the yogurt mixture into a mold or ramekin, and press Kamut and cherry mixture into yogurt. Invert to serve. Garnish with the marinade sauce, and slices of kiwi, oranges and strawberries.

WINE SUGGESTION

FREY Organic Gewurztraminer 2003

SOUTHWEST TOFU CLUB WITH SPICY CHILE SAUCE

Serve with tortilla chips and pico or guacamole.

Serves 4

Marinade

- ½ cup lime juice
- 1 packet **STEVIA SWEETLEAF Sweetener**
- 2 Tbs. fresh cilantro
- 2 Tbs. chili powder

Tofu Club

- 1 14-oz. pkg. **NASOYA Extra Firm Tofu**
- 8 slices **PACIFC BAKERY Kamut® White Bread**
- 1 medium-sized ripe avocado, thinly sliced
- 2 cups bean sprouts, blanched
- 1 red bell pepper, seeded and thinly sliced
- 1 green bell pepper, seeded and thinly sliced
- 1 red onion, thinly sliced crosswise
- 1 large tomato, thinly sliced crosswise

Dressing

- 1 cup **STONYFIELD FARM Plain Yogurt**
- ½ cup canned green chilies
- ¼ cup enchilada sauce
- 1 Tbs. minced garlic
- 1 Tbs. grated ginger
- 2 Tbs. cilantro, chopped
- 2 Tbs. chili powder
- 2 Tbs. cayenne
- 1 tsp. kosher salt to taste

1. To make the Marinade: Mix together the marinade ingredients in a mixing bowl.
2. To make the Tofu Club: Slice the tofu into 8 uniform slices. Put the tofu slices into marinade, and refrigerate for 1 to 4 hours.
3. To make the Dressing: Mix together the ingredients in a mixing bowl, and set aside.
4. To assemble the Tofu Club sandwiches, toast the bread slices lightly. Remove the tofu from the marinade, and blot dry with paper towel. Spread dressing on each piece of toast, and lay the toast on a flat surface. On one slice, place two slices of the tofu and the vegetables, and top with a second slice of bread. Repeat until all the ingredients are used up.

WINE SUGGESTION

FREY Biodynamic (R) Zinfandel 2002

QUAXACAN BLACK BEAN CAKES WITH MOLE SAUCE

This mole is simple to prepare and is a perfect accompaniment to the black bean cakes.

Serves 4

Mole Sauce

- 1 Tbs. **RAPUNZEL Extra Virgin Spanish Olive Oil**
- 2 Tbs. chopped onion
- 1 Tbs. chopped garlic
- 1 cup prepared coffee
- 3 medium ancho chiles, toasted, stemmed, and seeded
- ½ cup **TROPICAL SOURCE Semi-Sweet Chocolate Chips**
- 1 Tbs. **MARANATHA Organic Creamy Peanut Butter**

Bean Cakes

- 1 15-oz. can **BUSH's BEST Black Beans**, drained, separated into 2 equal portions
- 1 Tbs. prepared salsa or picante sauce, or more to taste
- 1 cup **BOB's RED MILLShort Grain Brown Rice**, cooked according to package directions
- ⅓ cup chopped scallion
- ¼ cup chopped cilantro (plus several whole leaves for garnish)
- 1 large egg
- 1 tsp. chipotle chili powder
- Pinch salt
- 1 cup panko (Japanese) breadcrumbs
- 2 Tbs. **RAPUNZEL Organic Canola Oil**

1. To make the Mole Sauce: Heat oil in a small saucepan over medium heat. Cook onion until just browned, add garlic and cook for 1 to 2 minutes more. Add coffee and chiles torn into pieces so that they are submerged in coffee. Bring to a simmer (do not boil) for 10 minutes.
2. Pour hot mixture into food processor. Pulse until chiles start to break down. Add chocolate chips.Purée until smooth and all chocolate is melted and incorporated. Spoon in peanut butter, and pulse until peanut butter is incorporated. Set aside.
3. To make Bean Cakes: Purée half of the beans with the salsa. If it's too thick, add salsa as needed to aid in puréeing. Mix whole beans, puréed beans, rice, scallion, cilantro, egg, chili powder and salt gently with a spoon. Form into 8 approximately 2-inch patties. Press patties in breadcrumbs. Sautée in oil until golden brown.
4. Spoon sauce onto plate and place 2 cakes per serving on top of the sauce. Garnish with cilantro sprigs.

WINE SUGGESTION

FREY 2002 Organic Sangiovese

Resources

Prepare your own cutting-edge cuisine with ingredients from the following sponsors of our special culinary program. Look for them in your natural foods store or supermarket. If you are unable to locate products in your area, please contact our sponsors directly for a source near you.

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Florida Crystals
www.floridacrystals.com

Frey Premium Wines
800.760.3739; www.freywine.com

Meyenberg Goat Milk Products
800.343.1185; www.meyenberg.com

Nasoya Foods
800.848.2769; www.nasoya.com

Pacific Bakery
760.757.6020; www.pacificbakery.com

Rapunzel Pure Organics
800.207.2814; www.rapunzel.com

Stonyfield Farm Yogurt
800.PRO.COWS; www.stonyfield.com

Sweetleaf SteviaPlus
800.899.9908; www.sweetleaf.com

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Vitasoy USA, Inc.
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Serves 4

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Tahini Sauce

1 cup low-fat or nonfat plain yogurt
2 Tbs. JOYVA SESAME TAHINI
1 clove garlic, minced
1 tsp. fresh lemon juice
Salt to taste

Pita Pockets

4 large whole wheat pita breads
8 oz. soft tofu, well-drained and cubed
4 ripe plum tomatoes, diced
1 cup fresh spinach leaves, torn into bite-sized pieces
1 cup sprouts (alfalfa, sunflower or mung bean)
1 large ripe avocado, halved, pitted, peeled and cut into thin wedges

In a small bowl, mix all sauce ingredients until blended. Slice an edge from each pita bread, and carefully open pockets. In a medium bowl, combine tofu, tomatoes and spinach. Add ¼ cup of sauce, and toss gently to mix. Spoon the mixture into each pocket. Divide sprouts and avocado among the sandwiches. Drizzle each with 1 tablespoon of tahini sauce. Serve right away.

Recipe adapted from *Vegetarian Times*, May 1998.

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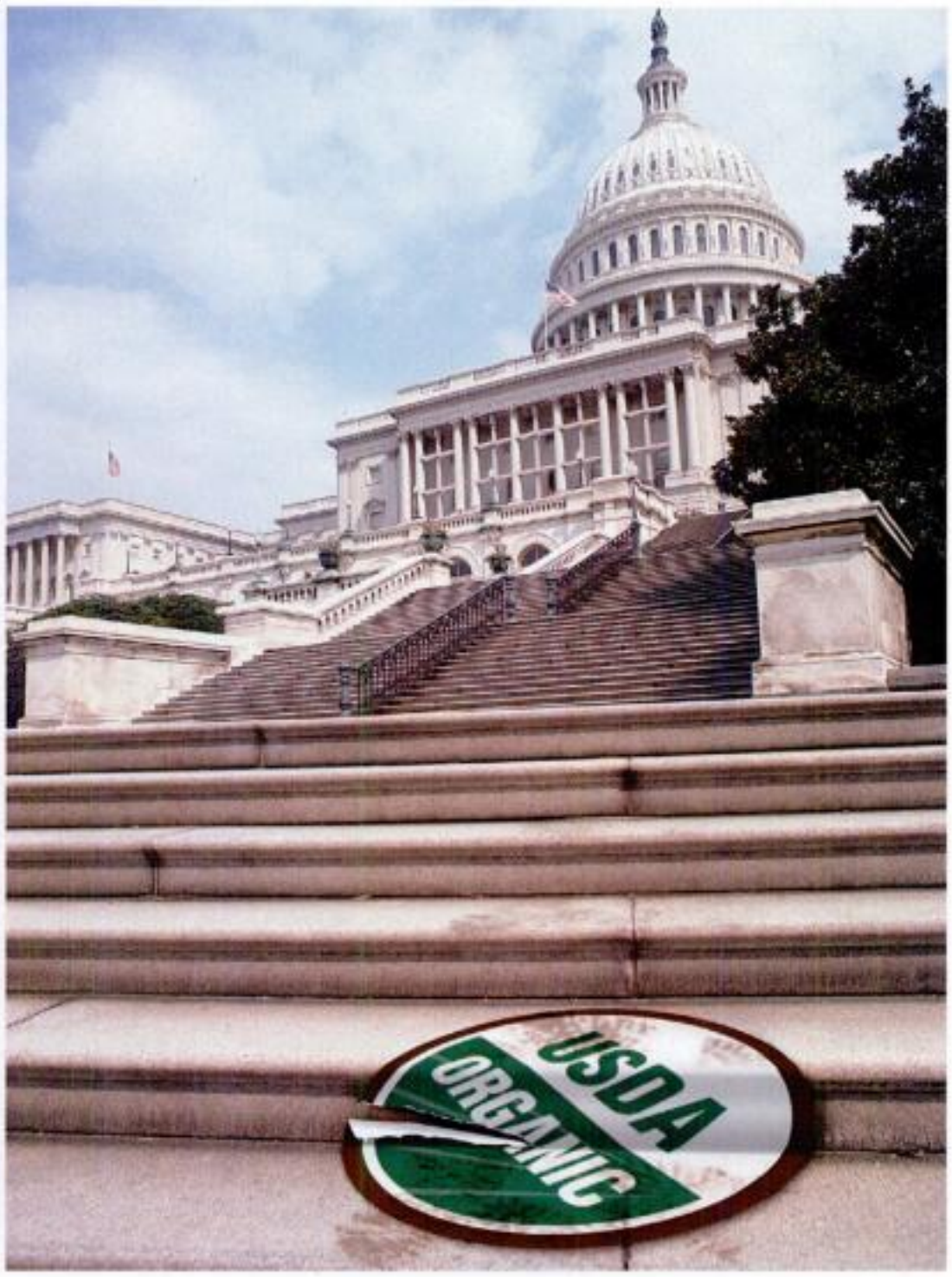
At the Two-Year Mark

Can you still trust the "organic" label? | by Sally Curran



The heirloom tomatoes on Jon Cherniss' Blue Moon Farm just north of Urbana, Illinois, grow and ripen pretty much as nature intended, without the dubious assistance of synthetic fertilizers, conventional pesticides and sewer sludge. Owners of local restaurants—popular places such as Radio Maria, Milo's and Café Paradiso, where Cherniss is known and trusted—know they're getting chemical-free crops because the produce from Blue Moon Farm bears the green-and-white "USDA Organic" label. Even those who buy Blue Moon's salad mix at the Urbana Farmers' Market and don't know Cherniss personally can feel sure they're getting crops grown without chemical-dependent techniques because they, too, see the label.

For the past 2 years, that label has appeared not just on produce from small organic farms like Cherniss', but also on food and food packages lining the shelves and aisles of grocery stores everywhere.

The label can be used only by growers and companies selling foods that meet strict organic standards established by the US Department of Agriculture (USDA) and monitored by the National Organic Program (NOP), a division of the USDA, since October 2002. The label assures buyers that the food with the label is grown or produced by farmers using methods that promote sustainable agriculture—methods that protect the soil and water. Organic crops come from land that has been free of potentially harmful chemicals or toxins for at least 3 years, and companies that handle or process the food have been checked by certifying agents (who are approved by the USDA) to make sure the rules are followed.

Cause for Concern

But actions taken by the USDA earlier this year have caused Cherniss and other growers committed to the organic program to wonder if this label will continue to be a symbol of high organic standards. Organic activists are concerned that the USDA may undermine the label and pull the rug out from consumers who rely on the label to identify products that are truly organic.

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"Get Big, or Get..."

For American farmers, organic foods are one of the bright spots in an industry being undermined by lower-priced foreign imports.

The organic industry is now a $12 billion sector of the economy, and it's growing by 20 percent a year. At that rate, predicts Ronnie Cummins, director of the Organic Consumers Association, organics will dominate conventional agriculture (which is growing by only 1–2 percent a year) by the year 2020.

Mark Kastel of the Cornucopia Institute notes that organic farming has been the only way many small farmers have been able to survive. "More than 30 years ago, Earl Butz, Nixon's Agriculture Secretary, told farmers, 'Get big, or get out,'" Kastel notes. "Now you can say, 'Get big, get out, or go organic.'"

But that success could, over time, hurt those same farmers as big companies also go organic. For instance, Cascadian Farm, a small organic company that began in Washington state in the 1970s, was bought by Small Planet Foods in 1998, which was then purchased by food giant General Mills the following year. Dean Food, a $9 billion conglomerate, bought Horizon Organic, a 4,000-cow factory farm, earlier this year. And those are just two of many examples of corporate takeovers of organic companies, which small farmers fear. Their concern is that their corporate competitors—which already import supposedly organic produce from countries such as New Zealand and China—will rely more and more on these foreign crops. Kastel says it isn't clear that these imports have been inspected with the same care that organic foods grown in the United States are checked. Right now, the USDA lists 56 organic certifiers working in this country and only 38 certifying agents that are responsible for checking organic farms and factories in the rest of the world.

The Cornucopia Institute plans to provide a complete list of links between big companies and organics on its Web site at www.cornucopia.org.

Not surprisingly, organic farmers like Jon Cherniss in Urbana, Illinois, wonder what this means to the future of organics. "It's becoming a big business," he laments. "Organic was not about business. It's just a growing method."

Here's why: Last April, the NOP sent out four separate directives that reworded some of the rules. Standards dealing with the use of antibiotics in dairy cows, the use of fishmeal in feeding dairy cows and—of particular concern to vegetarians—guidelines for the use of pesticides on produce were suddenly less restrictive. One directive completely lifted USDA oversight of non-food organic products such as personal care items, pet foods and supplements. To make matters worse, the NOP sent out the directives without approval from the National Organic Standards Board (NOSB), a group of industry leaders mandated by law to determine which substances can be included in products that bear the organic label.

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The organic community was not pleased. Cherniss and other organic growers, as well as activists from the Organic Consumers Association, Consumers Union and other groups, said that the label and the program they had fought hard for was being compromised, and they went to work to make sure that didn't happen.

Flood of Opposition

"We're at an important time," Cherniss said shortly after the NOP sent out the changes. Within weeks, consumer groups had flooded the USDA with emails opposing the changes. Cherniss and others also appeared at an NOSB meeting in Chicago on April 30 to protest the new directives. Lawmakers such as US Senator Patrick Leahy, a Vermont Democrat, also sent letters to the USDA demanding an explanation.

Their message got through. Within a month, the USDA—which had insisted the directives didn't change the rules but merely clarified them—rescinded the directives. While promising to revisit the issue, Agriculture Secretary Ann Veneman said the USDA would continue to uphold the original standards—for the time being.

The organic community members celebrated their victory, but they aren't letting down their guard. After all, they have a history of battling the USDA since the 1990 Organic Foods Production Act established the organic program. When the USDA released its first set of proposed standards in 1997, the agency received nearly 300,000 responses—a record number for any federal agency trying to establish a new policy. Issues such as the use of genetic engineering, antibiotics, radiation and sewer sludge were major battlegrounds, with the organic community fighting against the acceptance of these procedures every step of the way. The final regulations reflected the activists' concerns, and for the most part, everyone was happy.

"We had strong organic standards," says Urvashi Rangan, PhD, director of Eco-labels, a division of Consumers Union. "Standards that were strong, consistent and verifiable."

And while Rangan is glad that the USDA backed off its changes this year, she remains wary. For instance, if the directive addressing the use of pesticides on crops goes forward, Rangan fears that consumers may soon be buying organic products that have been produced with the ▶

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Fall is a great time to establish simple lifestyle changes to keep your mind, body and spirit healthy for the fall and winter months. Below are a few simple tips from John Nowakowski, executive chef of the Regency Health Resort & Spa and author of *Vegetarian Magic*, that will help you make simple changes to live a more balanced life.

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Practice the Art of Meditative Walking

Walking outdoors is a great way to get exercise and appreciate the vibrant colors of the changing foliage. To make your daily walk a meditative activity, start walking slowly and concentrate on each breath and step, while letting everything else go. As you gradually increase your pace, continue to focus on your breathing and steps for a peaceful, meditative journey.

Make Dining a Leisurely Experience

In order to transform mealtime into a relaxing experience, try creating the feel of a spa at home. Instead of eating in a rush while watching TV, sit at a table with nice dishes, flowers and dim lighting to create a dining "experience." In addition, try to eat more slowly – focusing on the flavor of the food and savor each bite.

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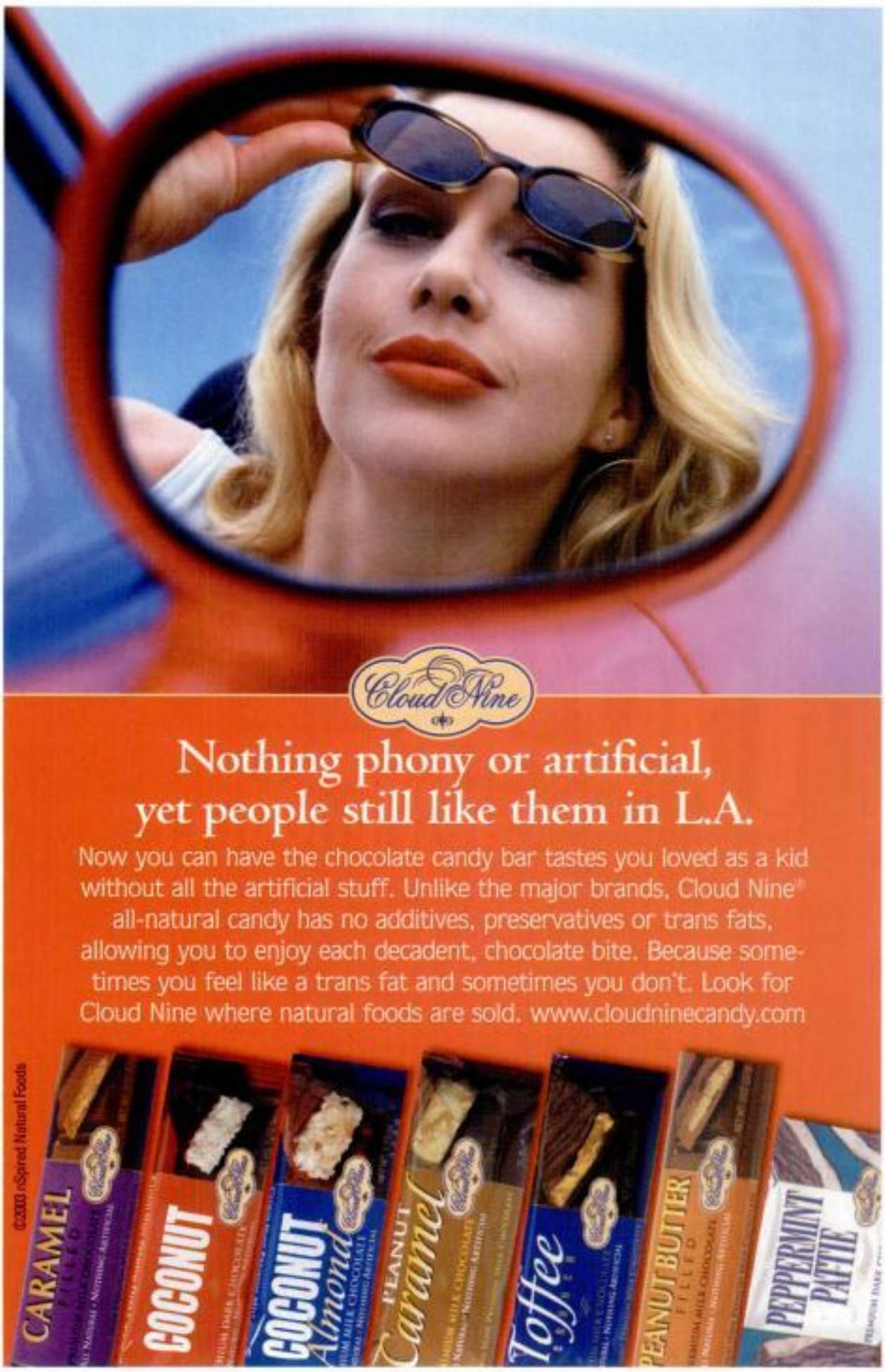
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help of some very questionable chemicals. The directive doesn't affect the active ingredients in pesticides, but rather the inerts that help the active ingredients do their job—stay on the crops and last longer, for example. While inerts can make up as much as 95 percent of pesticides, manufacturers don't always list them on packaging on the grounds that such information is proprietary.

Some of these inert ingredients include chemicals such as formaldehyde, xylene and other gases that can irritate the skin and eyes and are also classified as carcinogens by the US Environmental Protection Agency (EPA).

The USDA's solution was to say that if agents who are responsible for certification are unable to determine whether questionable inert ingredients are in a particular pesticide, the grower may use the pesticide anyway and still put the organic label on his or her produce. Rangan says this would violate the spirit, as well as the letter, of the law.

Why Change

So why would the USDA want to make changes to rules that were designed explicitly to protect organic consumers from these types of substances? Again, the USDA says the April directives were sent out to clarify rules, not change them. "The statements are prompted by questions received from the USDA's accredited certifying agents based on various situations they encounter in certifying operations and enforcing the standards," says Joan Shaffer, a USDA spokesperson.

But groups such as the Cornucopia Institute, a food-and-farm-policy group based in Wisconsin, suspect that Shaffer is not telling the whole story. They are convinced that, from the very beginning of the

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program, the USDA has quietly worked to weaken the rules in response to pressure by agribusiness interests eager to cash in on the organics bonanza without having to fully incorporate the sustainable farming techniques to which organics pioneers adhere. No one has yet been able to produce a smoking gun, however, and the USDA denies that it has tried to make any changes at all.

"The USDA is watering down the standards to benefit large corporations at the expense of organic consumers and family-scale organic farmers," says Mark Kastel, director of the Organic Integrity Program for the Cornucopia Institute. As evidence, Kastel cites other instances when the USDA reversed a decision—one made by an accredited organic certifier for a factory farm raising chickens and another allowing a large dairy farm to buy replacement cows that weren't from a certified organic operation. These examples are further proof, Kastel says, that the government is caving in to big business.

Exactly where this leaves the consumer remains to be seen while the USDA tries to work with the NOSB to reissue these directives. Ronnie Cummins, director of the Organic Consumers Association, is also concerned that big industry is trying to wield too great an influence in the development of standards, and he warns that the organic community must continue to be vigilant.

To that end, his group is now lobbying for more money for the NOP, where funds for certification are scarce. Right now, the USDA devotes $30 billion of its $70 billion annual budget to subsidize conventional—nonorganic—agriculture, but it spends only $5 million for organics. "The program needs people ▶

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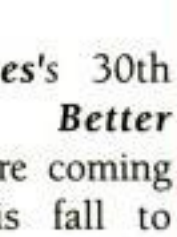

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and resources," Cummins says. Much of the new money and staff could be used to monitor compliance, offering further assurance to consumers that products bearing the label are indeed organic.

On the Farm

Back at Blue Moon Farm, Cherniss waits and watches with the patience that comes so naturally to farmers. "It's important that the word 'organic' mean something," he says. The label is less important to his success, he admits, than it might be to other farmers. "After all," he says, "a lot of my customers know me."

But most consumers don't know who grows their food, which is why the integrity of the USDA label is so important. That's something the USDA will probably need to be reminded of as it seeks to change a label consumers are just now coming to recognize, accept and look for.

What Methods?

The "USDA Organic" label certifies that certain approved agricultural methods have been used to grow the produce that bears it—and that other methods, including the use of chemical pesticides and herbicides, have been avoided.

Approved methods include crop rotation, for example, in which different crops are planted from season to season in the same field to improve soil fertility and control insects and disease.

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The Sweetest Love of All

Choose natural alternatives to sugar | by Barbara Tunick

Besides the health concern of so many sweeteners lurking in prepackaged foods, vegetarians and vegans have a sugar issue to contend with. Much of the white, brown and powdered sugar on the market has been filtered through bone char—cow bones heated to 1,200°C and turned into a charcoal filter. The largest sugar manufacturers in the country all use bone char to whiten cane sugar and remove impurities.

But not all sugar is processed this way. About half of the sugar manufactured in the United States comes from beets, and beet sugar is never filtered through bone char.

"Unfortunately, consumers usually don't know if they're purchasing beet sugar or cane sugar," says Andy Briscoe, president and CEO of the trade group The Sugar Association. Conventional sugar packages available in mainstream supermarkets aren't labeled to let you know if the sugar inside comes from beets or sugarcane. Manufacturers that use bone char in their white sugar also use bone char when producing brown sugar (which is made by adding molasses to refined sugar) and confectioners' sugar (which is refined sugar mixed with cornstarch).

"One option for vegetarians wishing to avoid bone char completely is to buy unrefined, certified organic and natural sugar that has not been processed through a bone char," says Pauline McKee of Wholesome Sweeteners, Inc., and Billington's, manufacturers of organic vegan sugars and sweeteners. Or you can buy sugar from companies such as Now Foods that sell clearly labeled beet sugar.

To make sure you're getting a vegetarian-friendly sweetener, avoid using conventional sugar, and choose a naturally sweet substitute or bone-char-free sugar such as the following.

Sweet Substitutes

by Marie Oser

When cooking, be aware that not all sugar substitutes are interchangeable at a one-for-one ratio with conventional sugar. Use our chart to guide you in using alternative sweeteners.

- **Agave Nectar**
  ⅔ cup:1 cup sugar; reduce any other liquid in recipe by ⅓ cup
- **Barley Malt Syrup**
  1¼ cups:1 cup sugar; reduce any other liquid in recipe by ⅓ cup
- **Blackstrap Molasses**
  1 cup: ½ cup sugar; reduce any other liquid in recipe by ⅓ cup
- **Brown Rice Syrup**
  1¼ cups:1 cup sugar; reduce any other liquid in recipe by ⅓ cup
- **Evaporated Cane Juice**
  1:1 for sugar
- **Maple Syrup**
  ⅔ cup:1 cup sugar; reduce any other liquid in recipe by ⅓ cup
- **Muscovado Sugar**
  1:1 for brown sugar
- **Stevia**
  Dried Stevia*
  1 tsp.:1 cup sugar
  Green Stevia Powder
  1½ Tbs.:1 cup sugar
  White Stevia Powder
  ¼ tsp.:1 cup sugar
  Liquid Stevia
  1–2 drops:1 cup sugar
- **Sucanat**
  1:1 for white or brown sugar
- **Turbinado Sugar**
  1:1 for sugar

* For use in baking, stevia leaves are best dried and finely ground with a mortar and pestle.

▶

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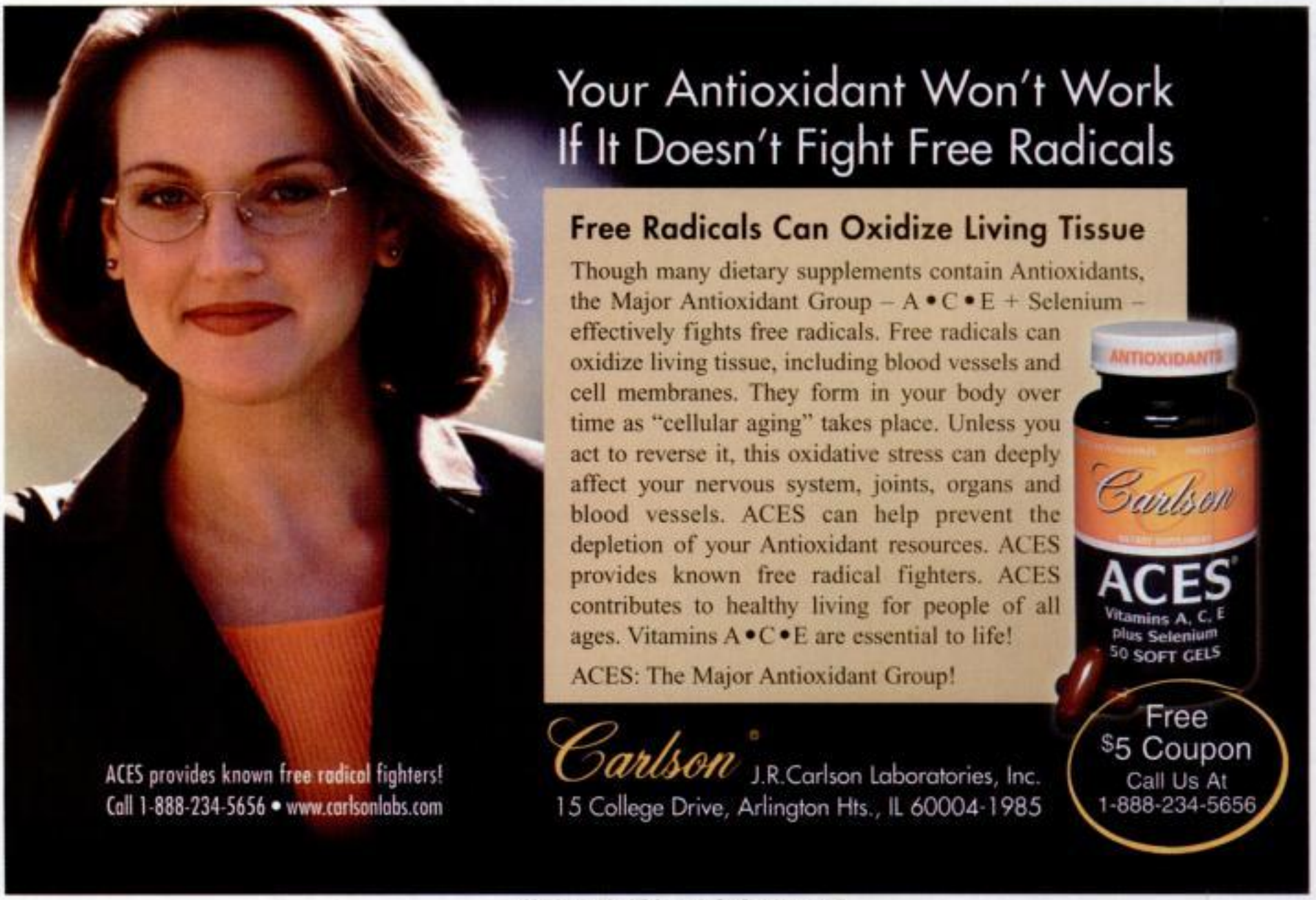
	WHAT IT IS	HOW IT TASTES	BEST USES	SWEET EXTRA
Agave Nectar	This naturally sweet liquid is derived from a cactus-like plant most widely used in making tequila.	Sweeter than white sugar, it's less dense and less sticky than honey. The lighter-colored variety has a mild, neutral flavor, while the darker version tastes like molasses.	Agave nectar dissolves easily in hot and cold liquids. It can be used to sweeten a variety of foods, baked goods and sauces.	Because it's absorbed and metabolized slowly, agave nectar causes blood sugar levels to rise gradually and not as high as white sugar.
Barley Malt Syrup	This dark brown, thick and sticky syrup is processed from sprouted, fermented barley.	Not as sweet as sugar, barley malt has a rich, roasted flavor. Available in two varieties: 100 percent barley malt and a 60 percent barley/40 percent corn malt (which is sweeter than pure barley malt).	You can use this syrup in breads and baked goods. It imparts a distinctive flavor to spice cakes, gingerbread and baked beans.	Barley malt syrup contains iron, magnesium and zinc as well as complex carbohydrates, which the body metabolizes more slowly than sugar.
Blackstrap Molasses	Molasses is the thick syrup produced as the final product in the sugar-making process. Choose unrefined, organic brands to ensure that a bone char wasn't used.	Intensely flavored, blackstrap molasses is about half as sweet as white sugar. (Light and dark molasses are both less bitter than blackstrap molasses.)	Molasses is best used in gingerbread, cookies, baked beans, sauces and marinades.	This syrup contains iron, calcium, vitamin B_6 and magnesium. (Light and dark molasses contain fewer nutrients than blackstrap molasses.)
Brown Rice Syrup	Made from sprouted brown rice, this thick, golden syrup is a traditional Asian sweetener.	This mild-flavored syrup is not as sweet as white sugar or honey. It has a nutty, butterscotch-like flavor.	This syrup is especially useful in cooking and baking or to sweeten hot or cold beverages.	Because it contains complex carbohydrates, it raises blood sugar levels slowly and steadily.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	WHAT IT IS	HOW IT TASTES	BEST USES	SWEET EXTRA
Evaporated Cane Juice	This minimally processed sweetener is made by dehydrating the crystals left after cane juice has been pressed.	These light tan-colored crystals impart a rich brown sugar flavor. Evaporated cane juice is equally as sweet as table sugar.	You can use evaporated cane juice in baked goods such as custards, puddings, pie fillings and meringues. This sweetener also works well in preserves, jellies and savory sauces.	Evaporated cane juice contains iron. Because of its full flavor, you may consume less than you would of foods made with conventional sugar.
Maple Syrup	A healthful sugar substitute, maple syrup is a staple in many American kitchens. Make sure you choose a vegetarian-friendly brand. Most manufacturers use vegetable oil when producing maple syrup, but some small manufacturers use lard to reduce the foam in the syrup. About 40 gallons of sap make just one gallon of syrup.	Available in four grades: Grade A Light Amber has the mildest flavor. The most popular grade, Grade A Medium Amber, is fuller flavored. Grade A Dark Amber has a robust flavor. Grade B is the darkest, strongest and heaviest syrup and is used primarily for cooking.	More than just a topping for pancakes, maple syrup is delicious in sauces and in baked goods. This golden syrup imparts a distinct flavor when used in place of honey. If a recipe calls for brown rice syrup, barley malt syrup, corn syrup or molasses and you don't have them on hand, maple syrup is a good substitute.	Maple syrup contains calcium, potassium, magnesium, manganese, phosphorous and iron. Choose pure maple syrup; otherwise it's likely to be made of mostly corn syrup and artificial flavors and colors.
Muscovado Sugar	Made from the juice of the sugarcane, this natural, unrefined sugar is a soft, moist, fine-grained brown sugar.	Light brown muscovado sugar has a creamy fudge flavor; dark brown muscovado sugar has a stronger molasses flavor.	Substitute light muscovado sugar for light brown sugar in cookies and cakes. Substitute dark brown muscovado (also known as dark brown molasses sugar) for dark brown sugar, such as in gingerbread and savory sauces.	Rich in iron, muscovado contains natural molasses throughout the crystal.

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	WHAT IT IS	HOW IT TASTES	BEST USES	SWEET EXTRA
Stevia	Derived from the leaves of a shrub native to Paraguay and Brazil, the leafy, green herb has been used as a sweetener for centuries by South Americans. Used frequently by diabetics, stevia doesn't quickly raise blood sugar levels.	Stevia is 100–400 times sweeter than white sugar. Use it sparingly because too much leaves you with a bitter aftertaste.	Stevia is available as a dried leaf, a powder and a liquid extract. Only a few drops of liquid stevia are needed to sweeten a cup of coffee or tea. Baking with stevia takes practice because it lacks the bulk of sugar and other sweeteners.	Calorie-free, stevia won't cause tooth decay or elevate blood sugar levels. Stevia is available only in health food stores and some drug stores as a dietary supplement. The Food and Drug Administration banned its use in food, stating that there "isn't enough data to conclude that the use [in food] would be safe."
Sucanat	A popular alternative to traditional sugar, Sucanat stands for SUgar CAne NATural. It is made by crushing sugar cane, extracting the juice and rapidly evaporating the syrup to create a porous granule. Sucanat is never filtered through a bone char.	Not as sweet as sugar, Sucanat has a rich molasses flavor. It may impart a slight caramel flavor to some baked goods.	A perfect replacement for refined white or brown sugar, it works particularly well in chocolate-based recipes, baked goods and marinades.	Unlike refined sugar, Sucanat contains iron, calcium, potassium, vitamin B_6 and chromium.
Turbinado Sugar	Turbinado sugar is the result of unrefined sugar that has been steam-cleaned to remove impurities. About two-thirds of the original molasses content is removed during processing.	These coarse, light tan granules impart a mild molasses flavor.	You can use turbinado sugar in hot beverages, cereals, canned goods and baked goods.	Often called "raw" sugar, turbinado sugar contains trace amounts of calcium and iron.

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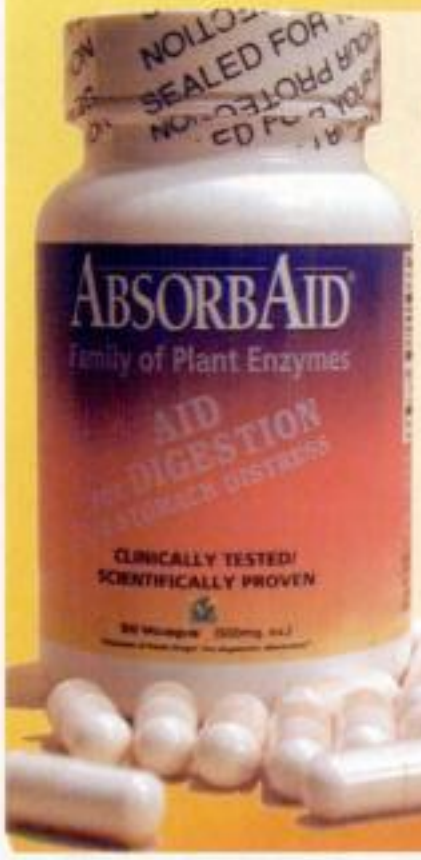

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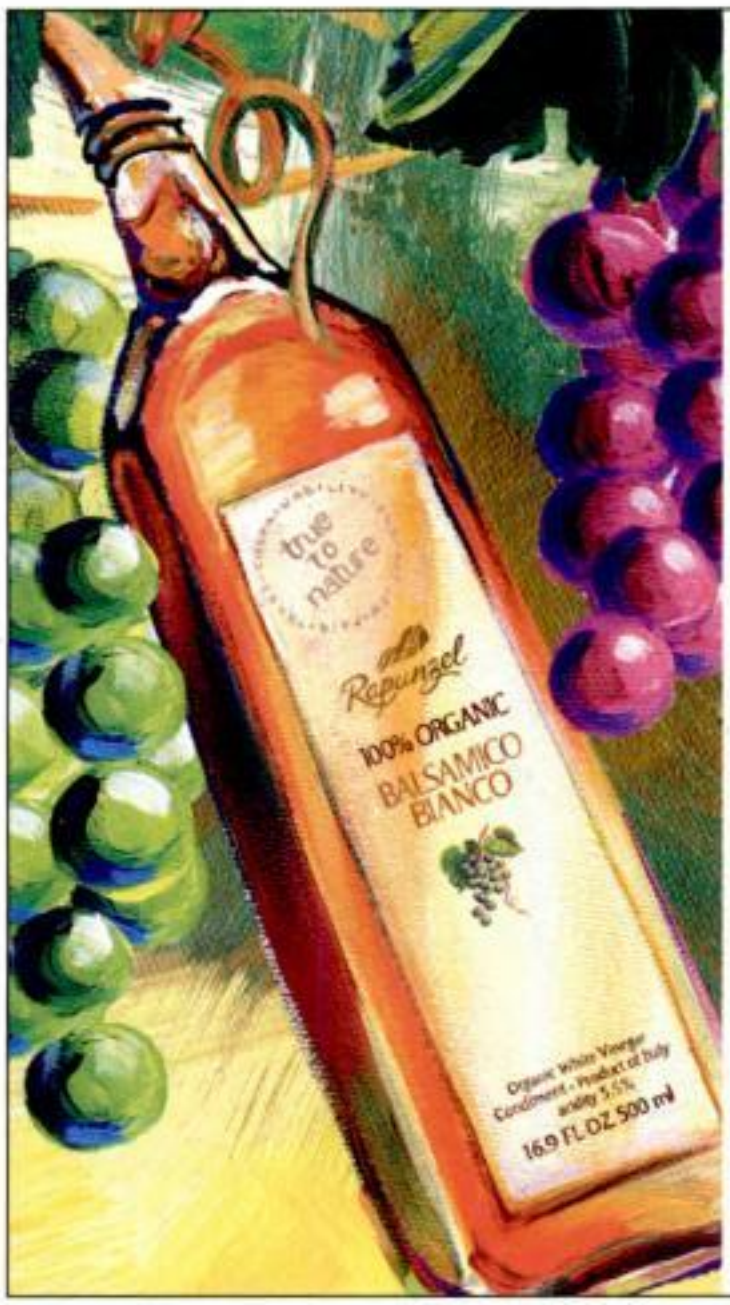

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Broken Bones, Broken Hopes

Understanding osteoporosis | by Kimberly Lord Stewart

It wasn't until Shannon Hoffman saw her grandmother's height shrink 5 inches that she understood why osteoporosis is called a silent disease. As the former host of a health radio show in Kansas and now a conference planner for a health media and trade show company in Colorado, Hoffman is professionally immersed in health issues. But even with her access to the best physicians and medical information, there was little anyone could do to stop the bone loss in Mary Ruth Brasfield, her beloved grandmother, who died recently at 94 after a fall weakened her resilience.

"By the end, she could only look at the ground," Hoffman says, "but she had a will of steel and never lost her spirit."

Early in Hoffman's childhood, her mother, Barbara, became the co-owner of Green Acres Natural Food Market and a health education promoter in Wichita, Kansas. Her interest in and knowledge of health paid off: Today, at age 58, Barbara has no signs of bone loss according to her bone density tests. For her daughter's sake, Barbara is hopeful that the family propensity for brittle bones ended with her mother.

Up to 80 percent of your risk for developing osteoporosis is genetic, says Joel Hirsh, MD, rheumatologist for Boulder Valley Rheumatology in Boulder, Colorado. Bones need estrogen to stay strong, but as levels decline, bones can deteriorate, leaving victims susceptible to fractures, especially of the hip, spine and wrists. As many as 10 million people have the disease—8 million of them women. An additional 34 million people have low bone mass, placing them at risk of developing osteoporosis.

The best indicator of whether you'll develop osteoporosis, Hirsh says, is to look back on your own mother's bone health. If family history indicates you are prone to osteoporosis, there are things you can do, such as altering your diet and lifestyle, to help stave it off.

Silent Disease

For many people with osteoporosis, there are often no visible symptoms until bones are so weak that a minor fall or bump causes a break. Such was the case for Emily Kimball, who, at age 61, suffered a stress fracture in her shin after a backpacking trip. Kimball, an outdoor enthusiast and owner of Make It Happen!, a Richmond, Virginia-based company that provides information for active, aging senior citizens, seemed like an unlikely candidate for osteoporosis. Even a bone specialist surmised that her stress fracture was probably caused by her active lifestyle and her determination to carry a 60-pound pack while hiking. However, a second opinion and a bone density test revealed that osteoporosis was the cause. "It's such a silent disease that ▶

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you have no idea you have it," Kimball says.

Kimball, who has no family history of the disease, was surprised at her diagnosis. This is often the case, Hirsh says, which is why women should pay attention to bone health in every decade of life, not just middle age.

The diet and exercise patterns that adolescents follow during their teen years, when bone growth is most rapid, can affect bone strength in later years. "One of the best ways to ensure long-term bone health is to make sure that you achieve optimal peak bone mass during the growth years," says Leon Root, MD, orthopedic surgeon and author of *Beautiful Bones Without Hormones.* "The stronger bones your children build today, the longer and healthier their lives are apt to be."

Eating three servings of dairy or calcium-rich products daily during these formative years is important, but eating fruits and vegetables and getting enough exercise is important too. A British study that was published in *The American Journal of Clinical Nutrition* in January 2000 showed that a high consumption of fruits and vegetables in childhood reduced the rates of bone loss in women aged 45–55. Nutritionists believe that the magnesium and potassium in fruits and vegetables contribute to a higher preservation of bone mass.

Being active in childhood also improves bone density. An Oregon State University study performed in August 2001 showed that high-impact games for young girls such as jumping rope, hopscotch and jumping off boxes greatly improved bone density.

Grocery Shopping for Bone Health

Although dairy products are the most well-known foods for promoting skeletal health, others rich in bone-building nutrients such as calcium, magnesium, manganese, phosphorus and vitamin C include these you may not have thought of.

- **Magnesium, phosphorus:** Sunflower seeds, amaranth, wild rice, wheat bran, pumpkin seeds, tofu, quinoa
- **Manganese and silica:** Brown rice, oatmeal, pineapple, pecans, raspberries, blackberries, tofu, quinoa, oats, barley, bell peppers, parsnips, cucumber
- **Calcium:** Sesame seeds, dried figs, tangerine and pineapple juice, rhubarb, prunes, papaya, oranges, cantaloupe, black currants, blackberries, agar seaweed, cactus, natto (Japanese fermented soybeans), oatmeal, collard greens, tofu
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Aging and Bone Health

Hoffman admits that since she celebrated her 30th birthday last year, she's begun to think more about her own bone health. Since childhood, she's avoided milk because of allergies, but she eats a lot of bone-boosting fruits, vegetables and soy protein; takes magnesium supplements (a bone-building essential); and exercises regularly. "She ate really well and took a lot of vitamins as a child," Barbara says. "She didn't always want to eat healthfully and often felt deprived because of what other kids were eating."

Women's bones continue to grow long after adolescent growth spurts, reaching complete density by age 30, an age when many women obsess about either getting or staying slim. "Our society blesses excessively thin women," says Hirsh, "but regardless of height, women who weigh less than 127 pounds are at greater risk for the disease." Hirsh recommends that slender women pay close attention to bone health, especially as menopause approaches.

After menopause, bones begin to decline in density and strength at about 1 percent loss per year, with the sharpest decline in the first 5 years of menopause. Miriam Nelson, PhD, author of *Strong Women, Strong Bones* and director of the Center for Physical Activity and Nutrition at Tufts University in Boston, recommends that women get their first bone density test at about 45 years of age. When you have it rechecked, be sure to go to the same facility and get checked on the same machine because bone density machines are calibrated individually, and different machines may give you different results.

The encouraging results of Barbara Hoffman's bone density tests are due largely to her daily routine. She ▶

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exercises and eats a lot of vegetables and fruits. "I get calcium from my diet, and I take B vitamins and magnesium supplements. I think the best thing I do is keep moving," she says.

She's right, says Nelson. A program of strength training and daily exercise such as walking and hiking not only builds bones but also improves balance and muscle strength, two factors that help prevent bone-breaking falls later in life.

Diet and Bones

To maintain a strong skeletal system, Hirsh says it takes diet, supplements, exercise and sometimes medication. Following just one of these single efforts won't provide your bones with enough benefits.

In addition to calcium-rich foods, vitamins D, C, K and B are essential, as are the minerals boron, copper, magnesium, silica, manganese, phosphorus and zinc. Each of these nutrients plays a unique role in calcium absorption, bone strength and structure (see "Grocery Shopping for Bone Health," pg. 92).

Root says that the human body maintains exactly the necessary amount of calcium in the bloodstream and stores any extra in bones. When dietary intake is low, the body reaches into the "bone bank" for more, he says. If bones continue to lose more calcium than they take in, there's trouble.

A common myth is that soft drinks are harmful to bones because their phosphorus content depletes calcium. According to Nelson, phosphorus actually helps build bones (with the help of vitamin D). The real problem with sodas, Nelson says, is that they often replace healthier dairy and fruit beverages, thus reducing calcium intake.

Another culprit that may inhibit calcium absorption is caffeine. Although drinking small quantities of caffeinated beverages has negligible effects on calcium absorption, drinking more than 4 cups of soda or coffee daily can interfere with calcium absorption.

Supplements and Drugs

Hirsh recommends that women approaching menopause—and those going through it and past it—should take a daily supplement containing about 1,500 milligrams (mg) of calcium with at least 400 International Units (IU) of vitamin D. They should also maintain adequate levels of phosphorus (800 mg), magnesium (280 mg) and manganese (2–5 mg)

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and avoid excessive vitamin A intake (more than 25,000–50,000 IU), which can double the risk of fracture.

The trick to getting enough calcium, Root says, is to understand that even if you take 1,500 mg of calcium daily, not all of it will be absorbed—it depends on age, metabolism, activity level and gender. And the body will absorb only elemental calcium, which is calcium broken down into its purest state.

Calcium comes in two primary types: citrate and carbonate. Each type of calcium has different levels of elemental calcium. For instance, for every 1,000 mg of calcium citrate ingested, only 240 mg of elemental calcium is available; for 1,000 mg of carbonate, 400 mg is available. At first glance, carbonate has more available elemental calcium, but the body absorbs citrate about 25 percent more efficiently. Root recommends taking calcium supplements in 500 mg increments throughout the day for optimal absorption.

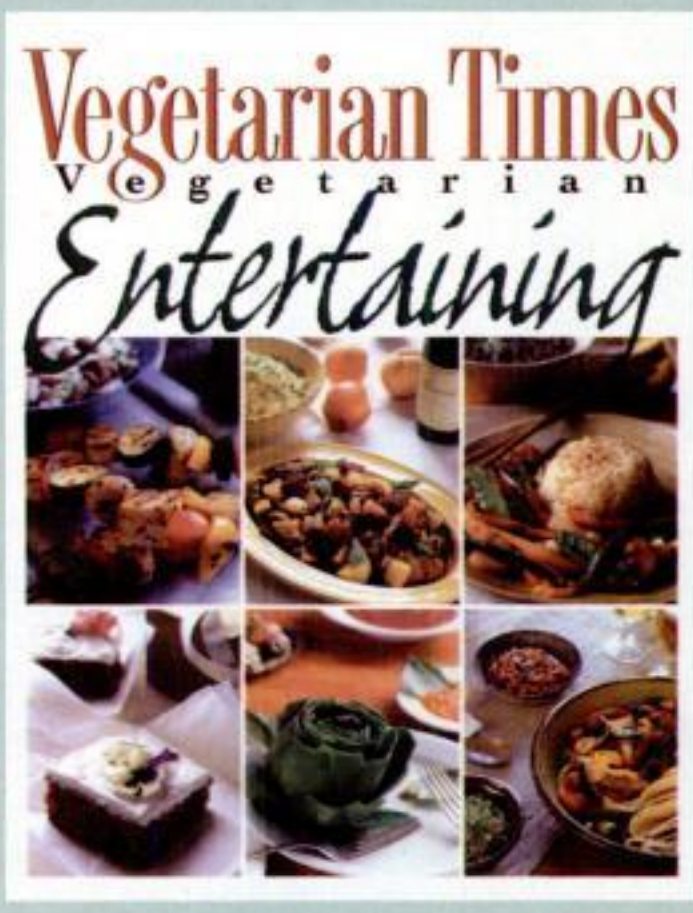
Despite all the recent bad news about hormone replacement therapy (HRT), one beneficial side effect of HRT is stronger bones. A study published in the *Journal of the American College of Nutrition* in December 2002 reports that natural hormone replacement (beneficial compounds from soy called isoflavones) is worthwhile for women with mild bone loss.

Today, when Barbara Hoffman looks at family photos of her mother, she notices that osteoporosis began to take its toll as many as 30 years ago. Although Mary Ruth's spirit never failed and she continued to work, eventually she lost 50 percent of her bone mass. Barbara and Shannon hope that with their diligent lifestyles of eating well and exercising, they'll be able to stave off the bone loss that Mary Ruth suffered. ■

Calcium Tips

- Calcium supplements are best absorbed in the intestine when taken with food.
- Take only 500 mg of calcium at a time.
- Do not take calcium with high-fat or high-fiber foods, or with iron.

Source: *Beautiful Bones Without Hormones* by Leon Root, MD, and Betty Kelly Sargent



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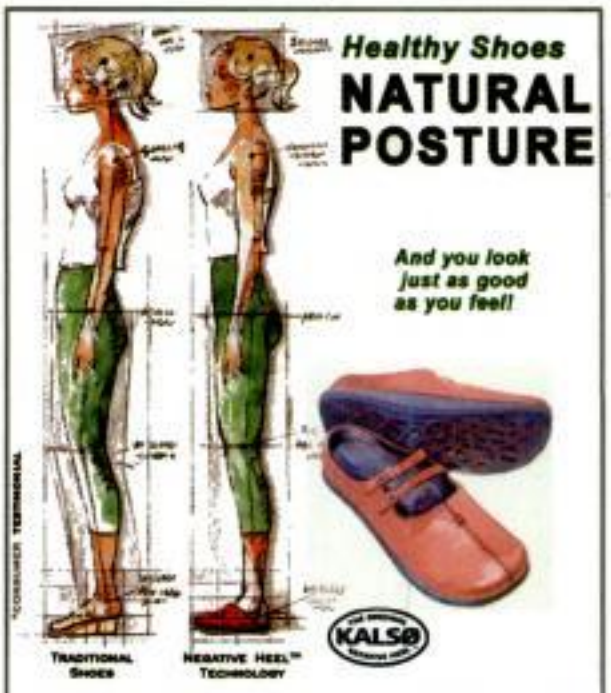

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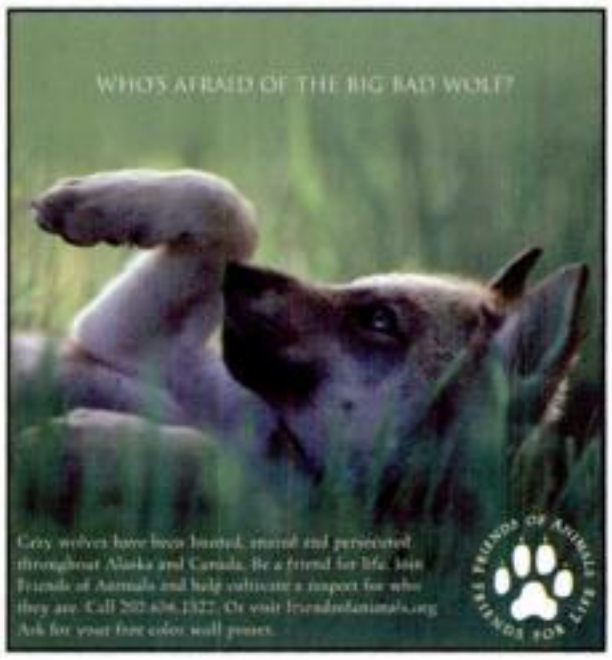

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recipeindex

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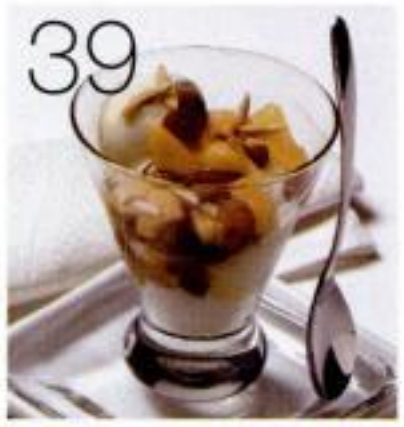

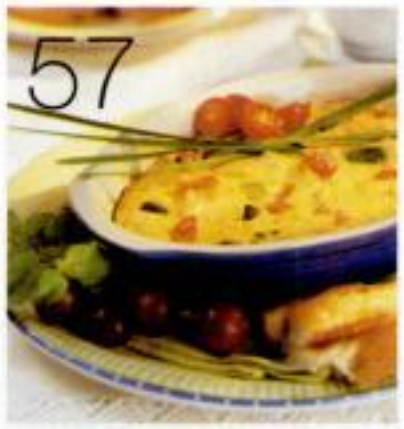

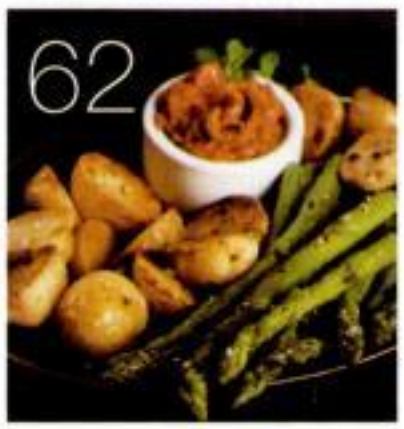

glossary

Borlotti beans | A beige Italian bean splashed with reddish streaks. Popular in Italian and Portuguese cuisine, these dried beans are also called cranberry beans, shell beans and French horticultural beans. Pinto beans are a good substitute if borlottis are unavailable.

Cubanelle peppers | Sweet and mild, Cubanelles are also known as Italian sweets or frying peppers. You can use Cubanelles when they are pale yellow-green or a riper orange-red. An acceptable substitute for recipes calling for Anaheim peppers, Cubanelles look like elongated bell peppers or banana peppers.

Hungarian wax peppers | Also known as yellow wax peppers, these are easily confused with milder banana peppers. Substitute güero peppers if Hungarian wax peppers are unavailable.

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In the Moonlight of Morning

Even when you're looking for mushrooms, the journey is as important as the destination

by Lucie L. Snodgrass

Every fall, when the weather turned cool and damp, my father revived a tradition that had started in his Swiss family generations before: hunting for edible mushrooms. That we lived in a suburb of New York City at the time, far from the steep alpine forests of his youth, never fazed him. Every Saturday, armed with nothing more than knowledge, a kitchen knife and a flat, wooden basket, Dad and I set out in the predawn darkness, a tall man wearing an old army coat and black dress shoes and a little girl with her father's brown hair, companionably silent. Save for the occasional raccoon, eyes glinting in the moonlight as it returned from a night of fishing, we never saw anyone.

Our route was always the same: across our stone seawall, behind a tall row of sharply pruned hedges and into the estate that bordered our property. It was a huge place with substantial acreage, used only two or three times a year by the wealthy family that owned it. Usually there was just a retired man—old and gruff—who lived there and maintained the place, chasing away all of the neighborhood kids for whom getting chased became a rite of passage.

Away from the house lay an isolated spit of property, rarely mowed, bordering the water. It was, my father had long ago divulged to me, a prime stretch of mushroom territory, the kind one would have guarded jealously in Switzerland. Bending our frames like question marks, my father and I walked methodically through the high, wet grass, looking for the pearly glow of "inky caps," *Coprinus atramentarius,* or "shaggy manes," *Coprinus comatus,* both as common as clover but not any less precious for that. The "inkies" grew to 6 inches in height, jutting up like spaceships on launching pads. They were easy to spot then, but usually inedible, their caps already wearing the dark mantle that gave them their name. The ones we wanted were short and slim and white.

On good mornings, we filled our basket quickly, my father pausing each time I pointed to cut a mushroom from its velvety stem, careful not to disturb its roots. The scent of fungus was everywhere—an otherworldly blend of leaves and leather that, to this day, reminds me of my father. On the way home, I, the clumsiest of his five children, was allowed to carry the basket, which, miraculously, I managed never once to spill.

The mushrooms met a variety of fates at our hands. Some were minced and sautéed with butter and shallots for omelets or scrambled eggs. Others were sliced lengthwise in thick strips, which my sister, Alexandra, and I then strung together with needle and thread for drying. Most often, however, they were saved for "mushroom toast," my family's favorite meal: thin strips sautéed in butter, drizzled with heavy cream and a dash of white wine, sprinkled with salt and freshly ground pepper, then served over thick pieces of toasted French bread.

My father never remembered that I didn't care for the taste of mushrooms—I still don't—but it didn't matter. It's what he *did* remember that I treasured: that of all the doors he could have knocked on, he always chose mine. ■

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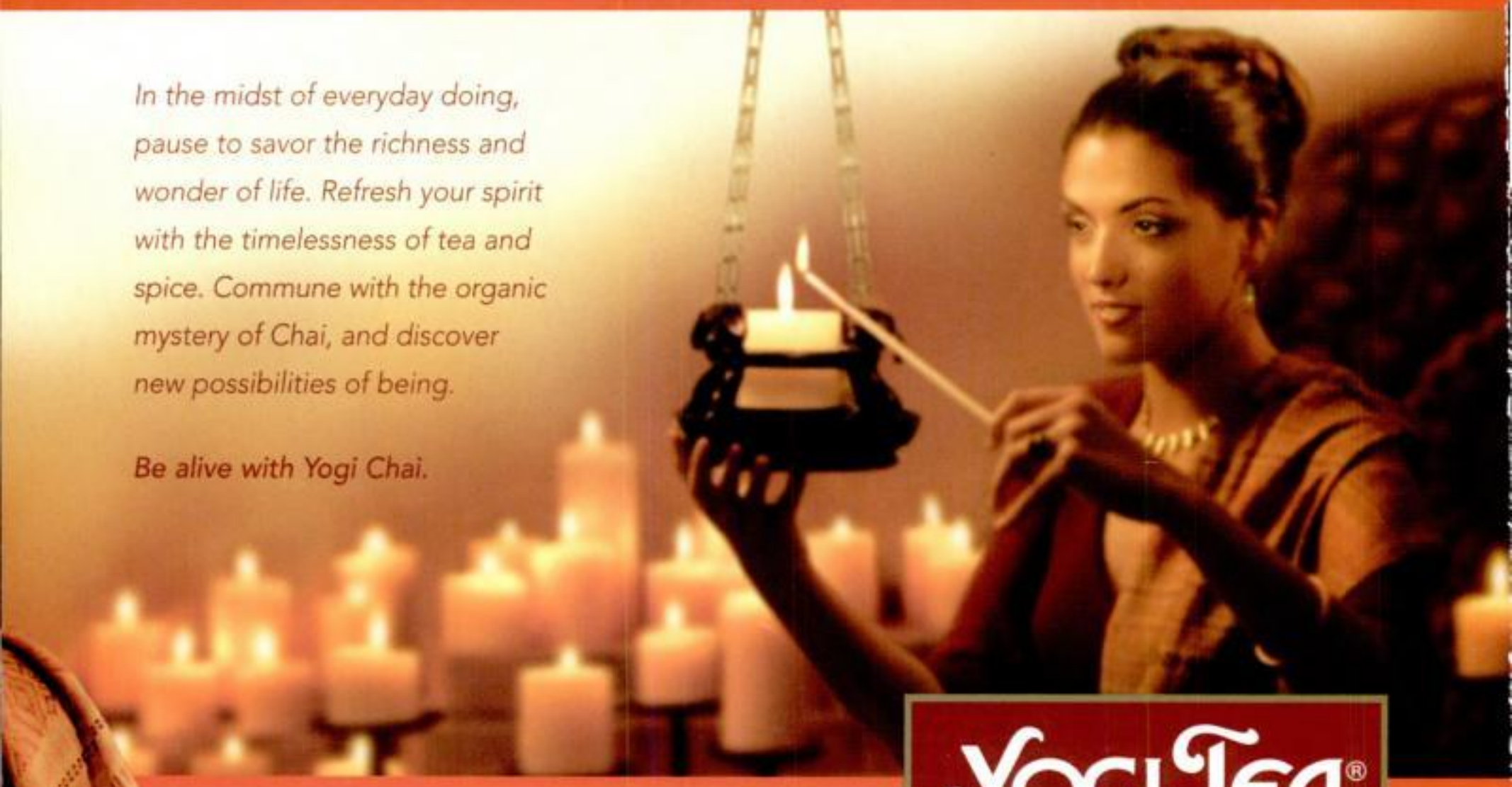

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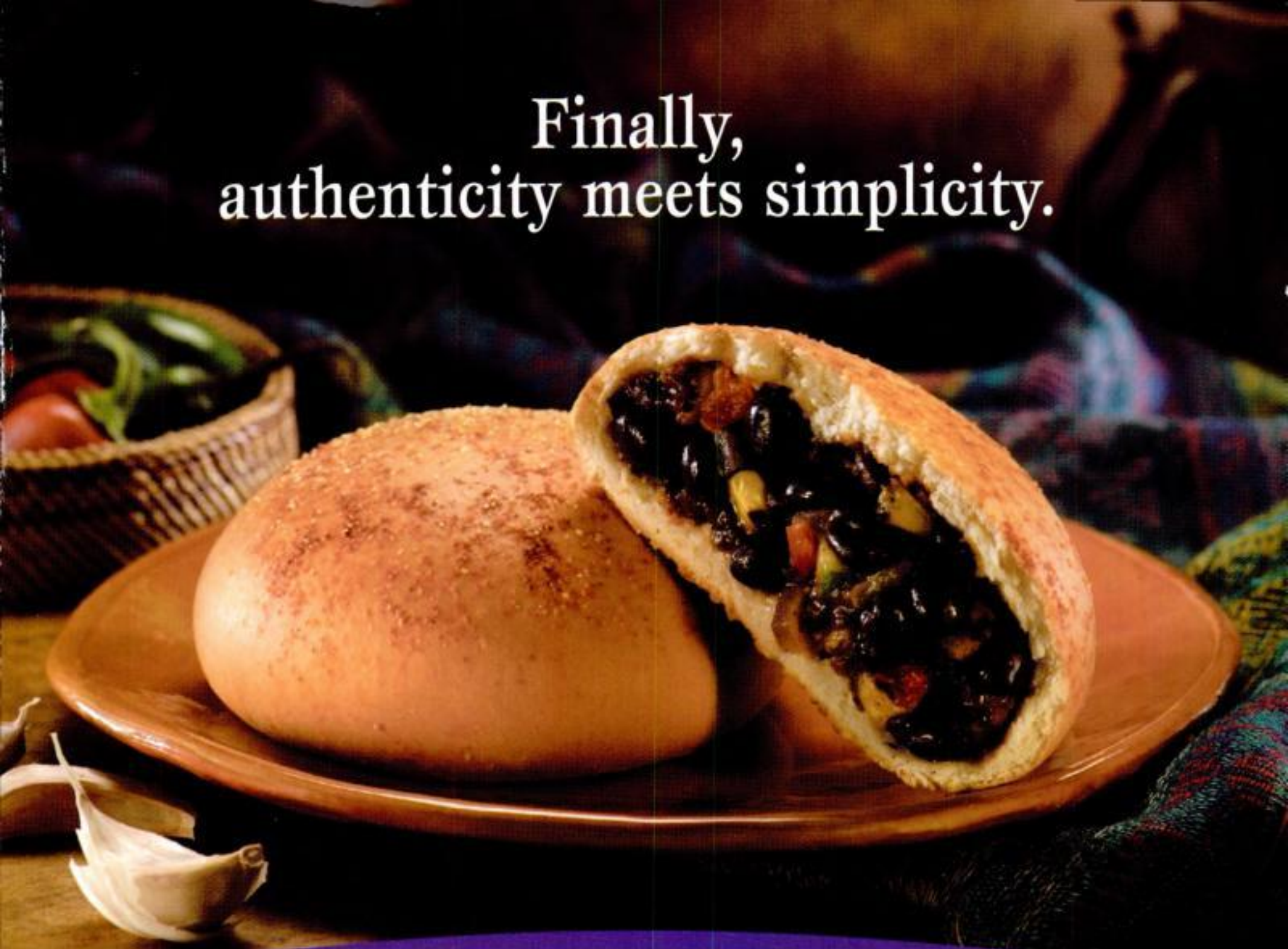

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